

Healthy Life

Leading a healthy life entails many factors: the food we eat, the amount of exercise we get, our personal relationships, our physical well-being, our psychological well-being, how we deal with stress, and more. Besides these aspects, I think staying in balance is a good motto. Below, I will reflect on these parts of a healthy life in detail based on my personal experience.

Being healthy has a lot to do with what we do not have much control over: the economic situation we were born in and our genetics. If we were born and raised in a poor neighborhood, our access to healthy food and medicine is usually much less. Also, if we were handed down bad genes, then we have to accept the fact that we might be unhealthy naturally. I was born in a middle-class family, but I have a line of heart troubles and psychological disorders in my family. So, though I did not encounter the first issue, I got in line for sour genetics.

But, say you were not born into poverty and did not inherit bad genes. What you eat can easily shape your overall health. For instance, as soon as I eat at McDonald's, or any other fast food restaurant specializing in selling food with tons of preservatives, chemicals, and the like, my stomach and whole body will eventually feel remorse for taking in such drivel. I will have irregular bowel movements, I will have a sugar high accompanied with a low, a headache, a stomach ache, and more within hours of consumption. Our bodies respond to our poor tastes, but we often ignore these signals.

In my experience, I need to exercise every day, at least a little bit. If I skip out on exercising, my knees will hurt from sitting most of the day, I feel more depressed than usual, and my self confidence will be less. It is good to combine aerobic and anaerobic exercises together in one day, though doing just one type of exercise each day is fine. Exercise seems to keep my blood flowing and my creative juices flowing.

Personal relationships can make or break us. They can lift us up, or keep us in a sour mood. In my case, I do my best to stay away from negative people and negativity in general. The energy of the people around you does in fact influence your energy.

Our physical well-being, on a holistic level, is important to maintain. Since I entered my thirties, I have noticed that sustaining proper physical health is increasingly difficult. I do not know how people in their sixties or seventies do it. This means personal grooming, watching your weight, going to the doctors often for checkups, and such.

Extending from our physical well-being, our psychological state is always key to keep in balance. Since my family on my father's side has a history of schizophrenia and manic depression, it is essential for me to keep my mental health in check. For this, I meditate twice a day, occasionally visit a psychologist, and make sure I do not fall or

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Camilla Rothe



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Published in Partnership with the David Suzuki Institute **American Publishers' Circular and Literary Gazette** ,1858

The Spectator ,1864 *The Athenaeum* ,1891 **The Saturday Review of Politics, Literature, Science and Art** ,1864 **The Saturday Review of Politics, Literature, Science, Art, and Finance** ,1864 **Critical Perspectives on Culture and Globalisation** Njogu, Kimani, Adem, Seifudein, 2017-08-08

In 1996 President Nelson Mandela described Professor Ali A Mazrui 1933 2014 as an outstanding educationist and freedom fighter In 2002 the former UN Secretary General Kofi Annan referred to Professor Mazrui as Africa's gift to the world Author of more than 35 books and hundreds of articles Professor Mazrui was an African scholar who had treated with uncommon verve and flair a wide range of themes that included globalization the triple heritage peace and social justice This volume engages with some of those themes that excited his mind for over six decades The multidisciplinary essays seek to underline the highlights of Mazrui's intellectual journey and attest to the fact that he was public intellectual par excellence Indeed in 2005 he was named one of the top 100 public intellectuals in the world This book is a product of a symposium held from 15 to 17 July 2016 in Nairobi Kenya The symposium was jointly organized by the Twaweza Communications Nairobi Kenya and the Institute of Global Cultural Studies State University of New York at Binghamton which Ali Mazrui created and presided over as the Albert Schweitzer Professor in the Humanities from 1991 to 2014 *Indiscipline* Alicia Carroll, 2024 In the last few years there have been myriad media reports regarding Federal Indian boarding schools and their grisly history of violence and cultural erasure against Native people in the United States The US government recently acknowledged its role for the first time with the Department of the Interior's publication of the Federal Indian Boarding School Initiative Investigative Report In this book Alicia Carroll tells the history of one form of literary Native resistance to this violence that of the collaboratively written autobiography Focusing on work by Hopi boarding school residents Carroll shows readers that collaborative autobiographical authorship is a practice of Indigenous intellectual sovereignty using a method they dub indiscipline a strategy of defying refusing or purposefully failing to follow mandates to conform to settler colonial sex and gender norms including heteronormativity the binary construct of sex and gender and the idea of personhood itself Through collaboratively written autobiography Carroll argues that Native authors not only resisted colonial attempts to use sex and gender to alienate them from their homelands and bodies they

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