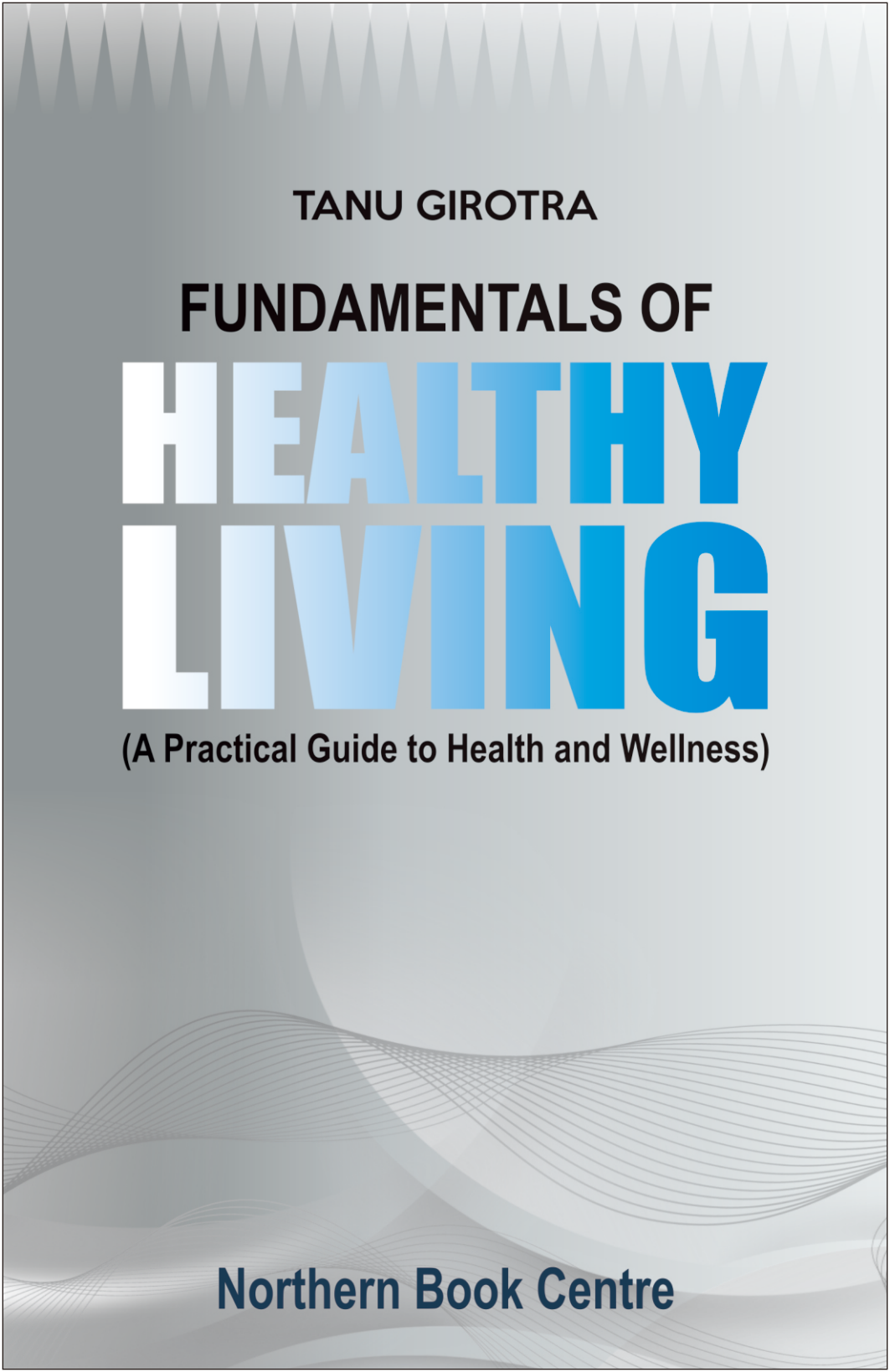




TANU GIROTRA

**FUNDAMENTALS OF
HEALTHY
LIVING**

(A Practical Guide to Health and Wellness)

Northern Book Centre

Fundamentals of Healthy Living

(A Practical Guide to Health and Wellness)

Tanu Girotra



Northern Book Centre
New Delhi

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Foreword

A healthy lifestyle forms the foundation of a fulfilling and balanced life. At its core, healthy living involves adopting habits that nurture physical, mental, and emotional well-being. The importance and significance of healthy living cannot be overstated. It is essential for disease prevention, as adopting healthy habits significantly lowers the risk of chronic conditions like obesity, diabetes, and cardiovascular diseases. Healthy living also enhances longevity and the overall quality of life, allowing individuals to enjoy more active years free from illness and disability. Furthermore, it contributes to improved mental clarity, higher energy levels, and better emotional balance. On a broader scale, healthy lifestyles reduces the burden on healthcare systems by minimising the prevalence of preventable diseases. Ultimately, a healthy lifestyle empowers individuals to lead happier, more productive lives and to fully engage with the world around them.

Historically, the concept of healthy living has evolved alongside societal changes. In earlier times, lifestyle was largely dictated by geographical, cultural, and economic factors, with traditional diets and physical labour forming the basis of daily life. However, modern advancements have introduced both benefits and challenges. While technology and urbanisation have improved access to information and healthcare, they have also led to sedentary habits, unhealthy diets, and increased stress. Over recent decades, researchers and public health organisations have recognised lifestyle as a critical determinant of health, with the World Health Organisation estimating that up to 60% of factors affecting health and quality of life are related to lifestyle choices. This recognition has spurred global efforts to promote health education, disease prevention, and the adoption of healthier behaviours, emphasising the vital role that individual choices play in shaping overall well-being.

Understanding and knowledge of the fundamentals of healthy living are essential for everyone, regardless of age, occupation, or background. This foundational knowledge benefits individuals by empowering them to make informed choices about their health, prevent chronic diseases, and improve their quality of life.

In the book titled *Fundamentals of Healthy Living*, the author, Ms. Tanu Girotra, has indeed done a commendable task, as it has significant potential to disseminate the subject. Students, social workers, psychologists, teachers, parents, faculty, hospital employees, civil society organisations, employers, leaders and other healthcare professionals will find this book extremely helpful in navigating different pathways of health and wellness. To achieve this goal, the book has been organised around relevant themes in fourteen chapters. The author's preface contains a chapter-wise summary for the benefit of all. I extend my congratulations to the author for bringing such an important and resourceful book.

A handwritten signature in black ink, reading 'Promila Gupta' in a cursive style. The signature is written on a light-colored rectangular background.

Dr. Promila Gupta
Former Directorate General of Health Services



Preface

A comprehensive approach to healthy living encompasses several fundamental elements that collectively contribute to overall well-being and quality of life. These fundamentals extend beyond just physical health, integrating mental, social, and environmental dimensions. A healthy lifestyle is not just about the absence of disease; it is a state of complete physical, mental, and social well-being.

The fundamentals of healthy living refer to a set of core behaviours and habits that promote overall well-being. This includes maintaining a balanced diet, engaging in regular physical activity, getting adequate sleep, practising effective stress management, maintaining good hygiene, avoiding harmful substances, ensuring an individual safety and patient safety, both in daily life and healthcare settings to minimise risks, maintaining healthy interpersonal relationships to provide emotional support and resilience, regular participation in sports and physical activity to enhance fitness and mental health. It is also vital to do effective social media management and regulation to protect mental health in the digital age, and participate in workplace wellness programmes initiatives to foster a balanced and productive environment.

These behaviours are purposeful choices that support the body and mind, helping individuals to function optimally, prevent disease, and maintain a high quality of life. When these fundamentals are prioritised, individuals are better equipped to prevent chronic illnesses like obesity, diabetes, and heart disease while also supporting mental health by reducing stress, anxiety, and depression. which are often linked to poor diet and inactivity. These habits boost energy, strengthen the immune system, and improve mood and cognitive function, making it easier to handle daily challenges and

responsibilities. Adopting a healthy lifestyle can save money by reducing the need for medical treatments and increasing productivity.

This book encapsulates the author's rich experience of over 15 years in the healthcare sector, spanning both Government and Non-Government Institutions, in roles ranging from healthcare practitioner, researcher, to public health educator. This book is designed primarily for healthcare professionals, social workers, psychologists, students, teachers, leaders, parents, practitioners, and public health educators, as it offers a comprehensive introduction to the core principles of healthy living from the author's perspective. It thoughtfully explores emerging trends and critical issues related to healthy living, offering practical insights on how to attain it. Each chapter highlights the importance and relevance of these fundamentals in today's context.

Chapter 1 explores the concept of healthy living by outlining its fundamental principles, key components, essential tools, and the challenges faced in its implementation. **Chapter 2** delves into the nutritional foundations of healthy living, offering a global perspective on diet, supported by international data on diet and health. It also examines the relevance of these global insights, the challenges and barriers that prevent individuals from maintaining a healthy, balanced diet, and provides general guidelines for healthy eating. **Chapter 3** presents an evolutionary perspective on physical activity, tracing historical developments and highlighting how the Industrial Revolution transformed our relationship with movement. It discusses the widespread prevalence of physical inactivity, various types of exercises, and common mistakes people make during workouts. The chapter also explores the causes behind the lack of exercise, the health impacts of both inactivity and overexertion, as-well-as the risks associated with incorrect exercise practices and misleading advice from unqualified influencers. It concludes with practical recommendations and guidelines for exercising safely to maintain health and prevent injuries. **Chapter 4** emphasises the vital role of sleep in achieving and maintaining good health. It explores the common challenges and issues that hinder proper sleep and provides practical guidelines to promote better sleep quality. **Chapter 5** explores both the positive and negative impacts of social media on health. It discusses treatment options for social media addiction and outlines effective strategies to manage and minimise its adverse effects. **Chapter 6** examines key workplace issues, focusing

on the effects of stress and pressure on employees. It highlights the importance of workplace wellness and outlines practical strategies that employees can adopt to effectively manage work-related stress. **Chapter 7** sheds light on the causes of stress, its common signs and symptoms, and presents effective stress management strategies to support overall health and well-being. **Chapter 8** explores strategies for effective relationship management to promote better health outcomes. **Chapter 9** discusses the epidemiology of patient safety, the impact of poor patient safety on health, and outlines prevention and control strategies to enhance patient safety and overall health. **Chapter 10** explains the key factors of safety at home, outdoors, and focuses on child and food safety. **Chapter 11** covers the evolving perspectives on hygiene. **Chapter 12** elaborates on the public health perspective of sports and health, highlighting key areas and guidelines related to both. **Chapter 13** explores the benefits of art therapy for health. **Chapter 14** explains the importance of the One Health approach.

Tanu Girotra



Acknowledgment

First and foremost, I would like to thank God. You have given me the power to believe in my passion and pursue my dreams. I could never have done this without the faith I have in you, the Almighty.

I would like to extend my sincere gratitude to Dr. Promila Gupta and Dr. Navjot Kaur Cheema for their inspiration, encouragement and continuous support.

I sincerely express my deep sense of gratitude and appreciation to my teachers, Prof. Sushma Batra, and Prof. Atul Pratap Singh, who guided me throughout my journey of learning in the field of Social Work.

My special words of thanks to my mentors in the field of Health Care, Dr. K.K. Kalra, Dr. Anup Mohta, Dr. B.L. Sherwal, and Dr. Rajesh Hans for their dedicated help and encouragement.

I can barely find the words to express all the wisdom, love and support my parents have given me. I would never be able to pay back the love and affection showered upon me by my parents. A special thanks to my brother, Sachin and sister-in-law, Neha and my niece, Mehr, for their love, support and valuable prayers.

I would like to thank my husband, Vikrant, for standing beside me throughout my career and writing this book. He has been my inspiration and motivation for continuing to improve my knowledge and move my career forward. He is my rock, and I dedicate this book to him. Thanks for not just believing, but knowing that I could do this! I Love You Always & Forever!

To my son, Arjun. He is the best thing that I have ever done in my life. He welcomed me into motherhood, and I am so grateful to him. I am so thankful to him for abiding with my ignorance and the patience he showed during the writing of this book.

I'd like to thank my mother-in-law for allowing me to follow my ambitions. She has always supported me throughout my career and authoring this book, and I appreciate it. My heartfelt regard goes to my brother-in-law, Larry and my Sister-in-law's Garima and Kamini for their support and encouragement during the writing of this book.

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Tanu Girotra

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About the Book

A comprehensive approach to healthy living encompasses several fundamental elements that collectively contribute to overall well-being and quality of life. The fundamentals of healthy living include good nutrition, quality sleep, hygiene, safety, physical activity, healthy relationships, mindful social media use, workplace wellness, stress management, artistic engagement, and a holistic “One Health” perspective from the pillars of healthy living. Integrating these elements into daily life fosters resilience, prevents illness, and enhances the overall quality of life for individuals and communities. This book encapsulates the author's rich experience of over 15 years in the healthcare sector. The book offers a comprehensive introduction to the core principles of healthy living from the author's perspective. It thoughtfully explores emerging trends and critical issues related to healthy living, offering practical insights on how to attain it. Each chapter highlights the importance and relevance of these fundamentals in today's context.

About the Author

Ms. Tanu Girotra is a public health and development consultant with over 15 years of experience in healthcare, advocacy, and community initiatives. She combines academic excellence with grassroots practice. A gold medallist in Human Rights Law and trained at premier institutions such as the All India Institute of Medical Sciences (AIIMS), New Delhi, and the Institute of Human Behaviour and Allied Sciences (IHBHAS), she has consistently applied the core principles of healthy living throughout her career, working with children, women, and marginalised populations. She served at Chacha Nehru Bal Chikitsalaya (CNBC Hospital), Govt. of NCT of Delhi, for more than a decade. She has been honoured with the Indira Gandhi Award, the National Nutrition Award (2022), and the Late Shri M.K. Nambiar Medal. She is the author of seven books and numerous research publications. She has collaborated with governments, NGOs, and international organisations to drive sustainable health outcomes.



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