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## Lifestyle and Well-Being

### Introduction

Relation between lifestyle and well-being is pretty understandable and well researched topic. Changed life style assures health and well-being. In order to understand impact of changed lifestyle on well-being, there is important to take thorough look on the concept of well-being. It is a primary concern to understand proper definition because different people have different notions about well-being and healthy lifestyles. Modern trends of therapy emphasize to focus upon changed behavior in the attempt of acquiring well-being. Changing lifestyle is regarded as intervention method of providing help to treat illness in the disciplines of psychology as well as in health care studies.

### Discussion

Talking about well-being, our motive is to look mental and physical perspectives of well-being. As it is very general idea that daily walk in morning brings healthy change in our lives and also it prevents us from many potential diseases. Lifestyle change helps in treatment condition in a way that it assists in the reduction of relapse incidence, improves self-esteem, decreases side effects of medicinal treatment, and it is also increasingly associated with physical, social, and psychological well-being. In particular instances, lifestyle change to improve physical well-being plays significant role to decrease nausea, increase functional capacity, enhancing immune function, improved daily moods, helps in decreasing fatigue, and health perception improvement.

At some instances, health is considered as a concept which varies person to person. People conceive notion of health depending on their physical condition and availability of choices to live healthy life which is largely offered by their social environment in various contexts.

According to popular notions, healthy lifestyle assures long life and happy health conditions. If one argues about the factors that help in the attainment of well-being, scholars suggest those factors as avoiding smoking, drinking, and physical activity. An important aspect that takes part in the assurance of health and well-being is to avoid overweight. Lifestyle plays significant role in overweight circumstances and health conditions. For instance, we can understand the point with the help of example that smokers are generally less satisfied and less happy in contrast with the people who are non-smokers. Chain-smokers feel less healthy in comparison with the people who do not smoke. Health and well-being concepts are interrelated. People with positive perspective about their health are happier and more satisfied in terms of their health conditions than people who feel less healthy (Barwais, 2011). Unhealthy attitude like excessive drinking, smoking, and obesity restricts people to lead healthy life and they are less satisfied in comparison with their counterparts who has tendency to avoid such unhealthy attitude.

Writing a formal report about lifestyle improves health conditions, one need to understand particularly formal definitions of lifestyle and well-being. According to Mega Health Life Style, “lifestyle is typical way of living.” Mostly people associate the term “lifestyle” with wealth and quality of life but studying it in terms of health and behavior, it provides the understanding of usual way of living. Habits and emotional well-being are considered as essential facets of healthy lifestyle. Habits or regular activities help to shape a unique lifestyle of people which gradually becomes their individual characteristics. Improved and healthy lifestyle includes all those habits which assure happiness and well being of people. While on the other hand, bad habits such as smoking, drinking, excessive and unhealthy diet leads to adopt worst lifestyles.

Well-being, on the other hand, defined as “absence of negative conditions” as explained in clinical terms. While according to psychological perspective, well-being is “prevalence of

positive attitude” (Barwais, 2011). Positive perspective of psychological definitions is said to have primarily six characteristics that are most prevalent for instance: quest of well-being, life satisfaction and positive affects, social behavior tendency, various dimensions, personal optimization, and balance of attributes. In specified terms, well-being is a personal notion about what actually people think about to do rather what they actually do (Gough *et al*, 2007). In traditional terms even the concept of well-being is associated with welfare, happiness, person’s good, advantages, quality of life, and thriving in social and psychological fields. In clinical terms as well-being is associated with absence of negative conditions continually goes on to demonstrate that absence of illness and disease. But, adding to that well-being is more than just the absence of illness and disease. McAllister (2005) explained and drew connection of well-being depending on individual’s opinion and perspectives. Some people consider availability of opportunities and excessive wealth as the indicators of well-being while others consider life satisfaction as primary concerns of health and well-being.

### **Professional Planning Lifestyle Improvement Program for Overweight Individuals**

In the above paragraphs, attempt is done to understand the concepts of lifestyle and well-being in professional terms. Following paper discusses the actual planning which professionals and experts of the field of health suggest people to undertake in order to improve lifestyle for the sake of adopting improved behavior and well-being. In order to precisely understand the concept in our discussion paper, concept of well-being is associated with improved lifestyle for the purpose of achieving happiness and satisfaction towards life. Among many indicators of unhealthy symptoms, we have chosen obesity for the research of our paper where firstly our aim will be to explore professional view point about obesity and suggested ways to treat overweight among individuals specifically through changing lifestyles.

In developed countries, specifically in United States, challenges regarding obesity are increasing each passing day. Millions of people in United States are becoming affected by obesity every day (National Center for Health Statistics). Obesity in children and young teenagers is increasingly an alarming and frustrating situation to treat with, particularly in United States (Walker, 2003). Obesity as defined by World Health Organization is “an abnormal or excessive fat accumulation that may impair health.” Excessive weight gain is measured generally through the approach of Body Mass Index (BMI). BMI is an optimally suggestive approach to measure and classify weight and obesity through the use of weight-for-height index.

World Health Organization defined BMI as “person’s weight in Kg divided by square of his height in meters ( $\text{Kg}/\text{m}^2$ ).” BMI is used to achieve useful population-level in the context of weight and obesity, however; BMI is rough guide that may not correspond equal degree of fatness in all individuals of a nation or community. Facts about obesity suggest that since 1980, obesity among people has almost doubled in United States (cdc.gov., *n.d.*). About 30% of population in United States is obese and increasing trend suggests that obesity is more prevalent in children and adolescents.

Obesity is preventable but if not treated in childhood it continues till adolescence and further creates severe health risks. Obesity and over weight is considered as fifth leading cause of death according to global characteristics (National Obesity Observatory, 2010). In adults, obesity results more severe and almost 2.8 million adults die due to overweight and obesity. Proportion of obesity in women is greater than men following 300 million women are more obese then 200 million men around the world (WHO global estimates 2008).

Considering the causes of obesity, research suggests that leading and primary cause of obesity is the imbalance between the consumption of calories and burning of calories through physical activity or intellectual work. Increased ratio of obesity in modern day global environment leads one to explore the causes that availability of energy-dense food like full of fats, sugar, and salts but lacking essential constituents like minerals, vitamins, and other essential micronutrients (Deitel, Gawdat and Melissas, 2007). Furthermore, research in health studies aiming to explore the possible causes of obesity revealed that nature of work jobs is a leading cause of obesity and health risk in adults. Availability of sophisticated technology which has changed the modes of transportation and mobility to a wider extent and increased urbanization has also taken part in obesity increase among people. Such dynamics are more properly discussed under the contexts of societal and environmental changes relating it with the concept of obesity and possible health risks. Moreover, policies like developmental, health, agricultural, environment, urbanization, and food processing lack awareness and dispersion of knowledge regarding possible problems occurring in the context of obesity.

Barlow and Dietz (1998) understood causes of obesity entirely in “exogenous” terms. They considered genetic and psychological causes as factors that may lead to obesity. For instance, children unable to control diet or may be to avoid eating are psychological trends that may draw as the causes of obesity or improper appetite causing depression in sadness in obese children.

Adding to that, considering genetics as particular cause of obesity suggests that obesity is also an inherited disease. If one of the parents is obese there are 50% chances that their child will be over weight.

Regarding cure or treatment ways that physicians suggest at professional level particularly in the domain of changing lifestyle for the treatment of obesity, we have witnessed that proper plan is

often described to obese people. With the popular understanding that “supportive environment and communities” help to treat obesity, one can evaluate that change in lifestyle play significant role towards the betterment of health and reducing obesity in greater manner (Thaler, and Sunstein, 2008). In the context of choosing healthy lifestyle and food choices including with proper physical activity play fundamental part in the improvement of well-being. On personal basis, individuals determined to treat obesity can work on the causes of obesity in order to reduce increase in disease. For example, avoiding or limiting food full of fats and sugar, increasing the intake of food products such as fruit, vegetables, nuts, and whole grains. Proper physical activity like walking helps to maintain balance between calorie consumption and calories burning ensuring healthy weight and energy balance.

It is a well understood idea that individuals are hard to make difference until supported by society therefore awareness at societal level encourages the change in lifestyle and well-being. At societal level, it is important to promote understanding about healthy life styles and providing supportive facilities like walking tracks and healthy diet without any particular discrimination (Bergstrom *et al.*, 2001). At policy level, government and private sector equally can play significant role by restricting food availability harmful for health, practicing health favorable policies, and promoting responsible marketing.

In professional planning that is suggested by physicians and therapists to help obese help in the reduction of their weight, fundamental priority is given to exercise. Certain levels of exercise have been mentioned each passing day depending on the improvement of health conditions. A particular suggestion in this regard is to join gym or place where proper record is developed for change in health conditions. These fitness exercises are planned depending upon the level of obesity a person has and according to age and medical recommendations.



In terms of diet and food related plan, physicians suggest that sudden reduction in food and calorie intake is not going to help in any way for an obese person but rather start from minimal for instance losing 500 calories per day. In a week, person will be able to achieve reduction of 3500 calories which is a big achievement. Moreover, a healthy diet includes brown rice, whole wheat bread, pastas, fish, eggs without yolks, and a lot of water intake. Encouragement is something that plays a supportive role in the achievement of obesity reduction through psychological treatment. In that context, family and society play a big role. In short, a professional plan in the treatment of obesity covers all the aspects like social, political, financial, and psychological that helps treatment in every aspect.

### **Short-term and Long-term Areas of Health Risk due to Obesity**

Above described statistics about the death toll due to obesity suggest that severe health risks and dangers are attached with the disease of obesity. Depending on the nature of causes, health risk areas are classified into long-term and short-term health risk areas.

Short-term effects or health risk are understood as difficulty in standing and walking. People with excessive weight often immediately feel this effect; therefore, this effect is immediately counted as short-term health risk (Chan and Woo, 2010). Obese people immediately fall short of breath performing their routine activities. Moreover, they find difficulty in sleeping and breathing during sleeping. With the increased weight, people suffer through joint aches, and high blood pressure. Particularly pregnant women suffering through obesity are witnessed to have Gestational diabetes. Women suffering through obesity may have a problem in reproduction because of reduction in ovulation.

In long-term health risks due to obesity includes cardiovascular disease (it is highly increasing identified cause of death in 2008), Osteoarthritis, Strokes, Hypertension, Sleep Apnea, Cancers specifically breast cancer, colon cancer, and endometrial, and Diabetes. Particularly, obesity in pregnant women causes severe consequences for unborn child like miscarriages, and birth defects *e.g.* Spina Bifida-childhood paralyses. Musculoskeletal disorder is another significant long-term obesity related cause of health risk. Joints particularly backbones are severely affected areas of body that are more often affected by increased weight. Childhood obesity if not treated on time continues to grow in adult age and specifically results serious health risks and sometimes death also.

Psychological effects of obesity are another important aspect of obesity related health risks. Being overweight, psychologically affects children and adults because they feel social discrimination and low self-esteem. School children, according to the study of Schwimmer *et. al.* (2003), suffered more psychological effects of obesity which consequently affect health risks. Psychological affects to such children includes teasing by class or school-mates, fatigue, difficulties in performing extra curricular activities at school like running and playing games, and sleep apnea are the causes that eventually impacts negatively upon the well-being of obese children. Other generally explained psychological affects due to over weight and obesity includes anxiousness, over eating, depression, and stressful attitude towards life.

Studies by The American Psychiatric Association, however, argued that it is not proved from research that obese people are necessarily psychologically affected. It is particularly due to the fact that modern day demographics suggest increased trend of obesity globally. On the other hand, it is also an established perspective that obesity has taken place due to over-eating or food with excessive fats, and sugar. People intake such food because they feel lonely, depress, angry,

and suffered through low self-confidence therefore, they take support of such kind of food. Furthermore, if one traces mind-body relation it comes to the knowledge that obesity ultimately leads to ill health condition which consequently results in terms of anxiety and depression.

Summarizing short-term and long-term health risks due to obesity, we come to conclude that obesity causes both kinds of affects on physical and psychological health. People suffering through obesity not only face immediate health risks like sleep problems, difficulty in moving and walking, and high blood pressures but they also suffer through dangerous diseases which many times causes death. Obesity results social, psychological, and financial health risks at larger scale. These severe health risks are preventable if obese people are determined and want to treat their obesity then they must adopt change life style. Change lifestyle is behavioral treatment of obesity which is highly recommended and preferred strategy of treatment.

### **3 Month Lifestyle Improvement Plan for Obese People**

For the purpose of remain healthy or to reduce weight, there is greater emphasis upon pursuing diet plan. In the following discussion, a professional diet plan for the reduction of obesity is being discussed. Before moving on to 3 months diet plan, first there is need to understand that obesity is a disease which is of various intensities. People with obesity may need treatment differently according to their level of disease. Here one is going to have general plan for obesity. At the first instance, there is greater need to pay attention towards food intake. Diet plan, exercise plan, and behavioral change through changing lifestyle are essential constituents of any diet plan.

## Diet Plan

People hardly care about their diet when start treatment for obesity. There is need to pay specific attention on fat and sugar intake including food full of nutrition and protein. It is no matter if one exercise and workout daily for two hours or more to control obesity until proper attention is given towards diet plan. In that context, one has to decide daily calorie intake. For that purpose, one first should have clear idea that how much he/she needs daily calorie intake. Calories are the most important part which helps your reason to lose weight and gain weight (The NHS Information Center: Lifestyle Statistics, 2012). One can understand it in a way that daily calorie intake and calorie consumption decides the weight. Everything we eat excluding water has more or less calories and whatever physical or mental work we do like breathing and thinking helps to consume calories. According to an estimate, every pound of body fat has level of calories around 3,500 calories, if one decides to lose 500 calories per day, its mean he/she has decided to reduce one pound weight each day. Adults are suggested to reduce around 500 to 1000 calories per day to stay healthy and fight against obesity. Particularly women are suggested to consume 1000 to 1200 calories per day to remain healthy and smart. In order to reduce calories, it is not sane that one only relies on abandoning the food but it is essential to keep care about the calorie intake and its proper consumption through physical activities.

Professionals suggest healthy diet plan as core to reduce weight. For this purpose, particular diet for example low-fat or fat free cheese or dairy products, nuts, egg without yolk, fish, meat, brown rice, cereal, pasta, vegetables, and fruits are suggested by physicians and health experts. In our diet plan, we suggest obese people to stay away or at least reduce the quantity of food like meat, high-fat dairy products. Moreover products like baked items, egg yolk, liver, and cream, cheese are kind of foods which need to be reduced when following proper diet plan.

It is highly pertinent to understand the concept that having food means to energize yourself besides of the fact that you fulfill your hunger satisfaction and love for food. In that context, food full of protein is highly preferential than food full of fats. Protein is the essential part in providing strong body full of muscles. Individuals suffering from obesity need particular attention that they have to abandon food which increases level of fat rather proteins.

### **Exercise Plan**

Weight reduction plan is different for children, teens, and adults. Adults are suggested to reduce 5 to 10 percent of their body weight in 6 months. If they work on their weight by reducing it one to two pounds each week, their task to reduce 5 to 10 percent weight loss is successfully achievable. In order to lose weight through exercise, obese people are suggested to undertake exercise like walking, stretching, bone strengthening, aerobic, and muscle strengthening.

Walk for minimum two hours is best to reduce weight around less than 5 percent of body. Obese people are not suggested to continue activity without taking break but we prefer that they continue physical activity with short intervals like 5 to 10 minutes break (The NHS Information Center: Lifestyle Statistics, 2012). We also suggest obese people to slowly start physical activities in order to reduce weight. Professional guide is very important to consider. Starting from short exercises like walking to near general store instead of driving, using stairs instead of elevators. Gardening, swimming, and biking are healthy activities which help to reduce weight control.

### **Lifestyle Plan**

Lifestyle does matter in the treatment of any disease like obesity to a larger extent. It is understood as healthy intervention plan which ensures obesity treatment in successful manner. In

our professional plan for obesity treatment, we highly recommend our patients to change their behavior towards diet, and physical activity. For this purpose, we spend time with our patients in routine time and point out their habits which causes their weight increase. For instance, eating during watching TV is highly weight increasing activity.

We recommend our patients to make plan for their work timings and exercise timings including with diet timings. For instance, eating while working on desk is highly risky and causes weight increase. Health experts suggest that do walk instantly after having meal. Do not consume food rich of fats until you are sure that you will consume it.

Moreover, pursuing lifestyle change plan to cope with obesity, patients need proper encouragement and support which engenders healthy and positive behavior to work more on the plan. Adding that lifestyle changes include self-monitoring of progress and behavior, goal setting, working on the ability to achieve goals, cognitive restructuring, and relapse prevention. In lifestyle change plan, professional emphasis upon behavior therapy and cognitive therapy which, according to our plan, is also very beneficial for the reduction of weight and gaining control over weight increase. Lifestyle change therapy helps obese people in longer-term treatment because if people adapt themselves in changed lifestyle they may pursue healthy attitude which will be helpful for them in longer-run. We suggest our patients to adopt lifestyle changes in each aspect like changing diet attitudes, exercise attitudes, and daily routine work which helps to reduce weight.

## **Conclusion**

This paper mainly was focused to propose a professional plan for the treatment of obese people significantly focusing on lifestyle changes. We evaluated that lifestyle includes behavior

changing towards diet, exercise, and behavior towards positive attitude. Adding to that we come to conclude that environmental, social, political, and psychological encouragement is specifically essential to help people struggling due to obesity. We focused upon various causes, consequences and treatment ways of obesity which informed that obesity is being prevalent and even becoming endemic in larger areas of the world. United States is particularly identifiable which has maximum ratio of people with obesity and specifically obesity in children. Particular reason lays in the fact that behavior *e.g.* eating and exercises, is affecting children with obesity. Our emphasis was also upon presenting scholarly perspective through citing established studies in order to relate the importance of the issue.

On the basis of developed understanding, we established a professional plan for obese people to reduce weight and adopting a healthy lifestyle. Our focus remained on paying particular attention towards areas such as diet control, effective exercise practices, and change behavior. Noticeable fact in this study was that obese people often suffer through psychological diseases as well. For instance, being unhappy and depress. Changing lifestyle, we meant to adopt positive behavior towards life increasingly helps obese people to fight against disease. Furthermore, there is also greater need to understand the fact that obesity is controllable and healthy lifestyles ensures less health risks.

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