

Life expectancy depends on lifestyle

Living in today's fast moving world and having a stressful life in these days influence on our way of living, our lifestyle. Nowadays a lot of people don't have time to cook a meal or go to a gym and exercise which often result in gain weight, poor skin and it can even increase the risk of cancer and heart disease! So yes, I must agree with statement that our life span depends on lifestyle.

It is known that a change in our lifestyle could go long way in increasing the life expectancy of a person. Even making some small changes in life could increase our life expectancy by 11 to 12 years, says a study.

So which changes should we make? I think that one bad habit has really bad influence on our lives. That is smoking. Regular smokers live 8 years less than nonsmokers. Smoking increases the risk of lung cancer which is often deadly. Another bad habit is alcohol. If you drink just two drinks daily it can damage your liver, which can lead to liver cancer.

Nowadays junk food became more and more popular. It is not very healthy and if you eat it a lot it can result in gain weight. In addition obesity leads to diabetes and indirectly even to shorter lifetime. So it is very important to attain (and maintain) ideal body weight by eating healthy food and doing exercises.

Living a healthy life doesn't mean just to eat healthy, not to smoke and consume alcohol, but it means also enjoying life by making things we love. I think that health and happiness are the best way to have a long and happy life.

Written by me