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EDITORIAL

A guide to health.

Having great health is a desire we all have. We can say that health is our greatest asset! It is not necessary to list the multitude of advantages that good health brings us. And it is worth noting that in order to have good health, basic care that is relatively easy to be experienced is necessary. Check out some of them below and make an assessment: do you take the most basic care to have good health?

Um guia para a saúde.

RESUMO

Ter uma ótima saúde é um desejo que todos temos. Podemos dizer que saúde é o nosso maior bem! Não é preciso listar a grande quantidade de vantagens que a boa saúde nos traz. E vale notar que para ter boa saúde são necessários cuidados básicos que são relativamente fáceis de serem vividos. Confira a seguir alguns deles e faça uma avaliação: você toma os cuidados mais básicos para ter uma boa saúde?

PALAVRAS CHAVE: Saúde, Cuidado em saúde, Guia para a saúde.

INTRODUCTION

Having great health is a desire we all have. We can say that health is our greatest asset! It is not necessary to list the multitude of advantages that good health brings us. And it is worth noting that in order to have good health, basic care that is relatively easy to be experienced is necessary. Check out some of them below and make an assessment: do you take the most basic care to have good health?

Consume water

Keeping the body hydrated is one of the most important points for all the functions of our organs to remain healthy. In addition, water helps to maintain a balanced body temperature. Therefore, it is recommended to consume at least 2 liters of water per day. And this care is more important in the winter months, when we feel less thirsty due to less heat. It's worth drinking water even if you don't feel thirsty.

Have a healthy diet

The essential role of food is to maintain the body's energy. But it is necessary to ingest all the nutrients needed by the body, which is obtained with a balanced diet. An unbalanced diet can cause a lack of certain nutrients and an excess of other elements, such as fat, and this affects the proper functioning of all organs and systems in the body. A good diet requires the consumption of foods rich in vitamins and fiber (such as those obtained in vegetables) and fruits and lean proteins (present in meat and eggs, for example). It pays to adopt a balanced diet every day.

Take good care of your sleeping hours

Sleeping well is a healthy attitude. Sleeping hours allow for much more than just rest (which is also important). During sleep, our body performs vital functions such as energy conservation, tissue restoration, strengthening the immune system, among many other activities. Sleepless nights affect all these actions and this is noticed during the day, such as a lower disposition for activities, symptoms of malaise, psychological consequences, etc. So it's worth keeping a good night's sleep for your well-being.

Practice physical exercise

Exercising is a necessary activity for anyone, whether they like it or not. A sedentary lifestyle impairs well-being and good physical conditioning, also affecting respiratory capacity. It is not necessary to make great efforts to practice a minimum of exercises. Dedicating time daily to a good walk, for example, is often enough. It is well worth scheduling this daily exercise time.

Take preventive exams regularly

Even with all due care with food and the body, there is always the possibility that some disease may develop silently, for various reasons – such as genetics, for example. Therefore, routine medical examinations are essential for you to be aware of your health status. An annual check-up is highly recommended to see if everything is ok. Many serious illnesses are avoided when they are diagnosed early, when symptoms may still be barely noticeable. See your doctor regularly and maintain your good health!