



New Health Challenges and Solutions in 21st Century

**You can't enjoy wealth if you're not in
good health**



**Environmental
Pollution**



Unhealthy Lifestyle



**Lack of
Physical Activity**



Pandemics



Mental stress

Unhealthy Lifestyle

Eat a healthy meal to help your body heal

- Eat fruits and leafy vegetables, avoid eating junk food.
- Do not consume alcohol and also avoid cold drinks.
- Eat less. Do not overeat.
- Have proper sleep.



Lack of Physical Activity

Physical Activity will add years to your life and life to your years



- Go for jogging every morning.
- Do exercise regularly.
- Keep track of calories and food intake per day.
- Do physical work as much as possible.
- Do cycling

Environmental Pollution

Use air-purifier.
Use face masks.
Eat jaggery to detoxify
your lungs.
Grow air-purifying plants.



Mental Stress

Don't over-commit yourself.
Keep your sense of humor.
Express your feelings.
Learn to forgive.
Listen to music.



Pandemic

Wash your hands.
Disinfect surfaces.
Don't shake hands.
Don't touch your face.
Maintain social distancing.
Wear mask.

