

# Lifestyle as a Holistic Path to the Future

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## Background

There exist various healthy lifestyle concepts, including recommendations on physical activity, consumption, sleep and the environment.

## Methods

Research review until April 2022: Health parameters are measured through subjective (e.g., quality of life questionnaires), and objective (e.g., blood pressure, body mass index, apnea-hypopnoea index) data.

## Results

The studies show how behavior can promote (mental) health. WHO guidelines exist for physical activity in order to reduce sedentary behavior and inactivity [1]. Regarding consumption, it is crucial that healthy foods are preferred, and that harmful substances are avoided [2,3,4,5,6]. Paying attention to the neurophysiological mechanisms of sleep regulation leads to a more restorative sleep [7,8]. Environmental factors such as noise, poor air quality, extremely hot or cold temperatures and light pollution are also to be considered [9]. Complex studies involve changes in several lifestyle parameters at the same time [10,11].

## Conclusion(s) and Implication

(Mental) health can be optimized if several parameters are included in a healthy lifestyle. Considering several factors reinforces resilience and salutogenesis. These factors unify body and mind in a holistic approach.

## References

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