

## **Healthy Lifestyle" Awareness Campaign at AL Ghat College of Science and Humanities.**

Your health is something you can affect either negatively or positively depending on your lifestyle and minor changes to your lifestyle habits may lead to better health and longevity. In fact, Simple and realistic lifestyle changes are the best if compared with radical measures which are usually difficult to abide by and maintain for long periods of time. Sound healthy options are the ones a person can adhere to throughout their lives. Due to the importance of this issue, the Student Activity Unit at the Faculty of Science and Humanities at Al Ghat (female student sections) and under the auspices of the Faculty Deputy Dean, Ms. Jamilah Bent Mefleh Al Harbi, launched on Thursday, 14/05/1436 AH, a sensitization campaign seeking to convince the audience to start a refreshing healthy life full of positive energy and eventually adopt a new lifestyle. Ghaida Al Issa, a student, described her personal experience in leading a healthy lifestyle and how she could win a better life based on a balanced diet ,care for one's health, sport, relaxation, tension- free mood, and regular sleep hours. She also focused on the importance of resolution and self-confidence when trying to lose weight, and that the spread of healthy food culture, Sports, and proper dietary habits and lifestyle are the solutions for problems of obesity and many other diseases. Moreover, In cooperation with the Unit of Medical Services, Dr. Zahra Abdulmalik emphasized first the importance of lifestyle changes to gain better health along with a positive impact on the spirit, and that in changing lifestyle the diseases caused mainly by obesity may disappear. Dr. Abdulmalik focused also on the importance of regular exercise and on adopting a healthy diet. By the end of the campaign, the floor for inquire and debate was given to the audience, and as a result, a range of challenging ground rules were imposed on the attendees. The campaign was met with approval and admiration and His Excellency the Faculty Dean Dr. Khalid Al-Shafi praised the campaign as well as similar events and programs held at the female student section, and expressed his thanks and appreciation to those in charge





# Healthy Lifestyle

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