

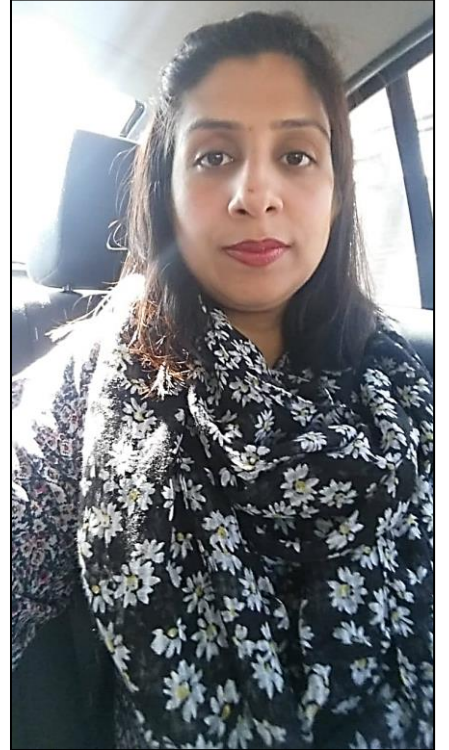
Health and Social Care.

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Content

→INTRODUCTION←

1. REGULAR EXERCISE

2. HEALTHY FOOD TABLE

3. FITNESS SCHEDULE

4. AWARENESS TO PEOPLE

5. CLEAN ENVIRONMENT

INTRODUCTION

Health and social care

The health care organizations have various divisions that take care of health of people having special needs. The philosophy behind extending the care to the people who need by bring in gin the appropriate legislation and codes of practice is an appreciable effort of the H&SC services. There are legislations that help the individuals utilizing the health services with the protection from any kind of harm and abuses. The use of person centered approach ensures that the need of the person needing the help is fulfilled at personal level. Though the philosophy of care is focused towards providing appreciable care, yet there are various ethical dilemmas that are confronted. Having some experience in this field and with the help of provided training, one is able enough to protect the service users, while utilizing the human development theories which can assist in managing the processes that aid in providing care services to the needed individuals. This paper is concerned with understanding the various aspects of the support principles and values and the way vulnerable people can be protected.1.1 Explanation of how principles of support are applied to ensure that individuals are cared for in health.

1- REGULAR EXERCISE

Any physical activity that increases the fitness of every part of the body and overall health is called exercise. Modern age is the age of science. New and modern inventions of science have greatly reduced the scope of human manual labor. As a result, the need for physical exercise is very high nowadays. Because physical activity and every part of the body cannot be kept healthy and dynamic, the muscle strength will eventually deteriorate.

As a result, life is filled with pain and suffering. Regular physical activity increases physical mobility and helps to get rid of disease progression. Exercise keeps the internal organs of the body such as heart, liver, kidney, pancreas and other endocrine glands dynamic and balanced in the flow of hormones and increases immunity. As a result, it keeps people free from diseases like heart disease, asthma, diabetes and physical obesity.

2- HEALTHY FOOD TABLE:

1- Menu: Sun, Mon, Tues, Wed, Thurs, Fri, Sat. Breakfast Waffles & Strawberries *100% Orange Juice*Oatmeal & blueberries "Glass of 2% milk Toast with a little bit of butter *100% Orange Juice *Bagel with cream cheese "Fruit smoothie "Toast with 100% Strawberry jam "Glass of 2% Milk *Brand Muffin "Fruit Smoothie Greek Yogurt with Blueberries Lunch Sandwich (BLT) "Ham and cheese sandwich "Fruit Punch Spicy Chicken Wrap "Fruit Punch "Caesar Salad "Tuna Melt (Sandwich) "Lasagna Sushi "Water Snack Cheese and (Whole wheat) crackers. "Water "Fruit Salad Almonds Cashews Pistachios Green Juice Salad Dinner Chicken noodle vegetable soup (Carrot Steak and Mashed Potatoes "Ravioli Baked Fries and Ketchup Chicken Breasts *Chicken Wings with BBQ sauce *Pita Bread

2- Healthy Eating: Eating healthy is very important because eating a healthy diet can reduce your risk of obesity and illnesses such as diabetes, heart disease, stroke, osteoporosis and certain types of cancer. O The food we eat contains many different types of nutrients which are all required for the many vital processes in our body.

3- Carbohydrates: Any group of organic compounds that collaborate with sugar, starch, cellulose, and other things and serves as a major energy source in animals. Dietary Fiber Portion of food derived from plants Protein Something that can be found in meat and alternatives fat. An unhealthy substance in food that must be burnt off.

3-FITNESS SCHEDULE:

1. Start your workout with the appropriate workout plan. Have you ever tried going to the gym without knowing what you should do there? You had been unproductive, right? If you keep on going to the gym or to any place where you can exercise without a workout plan to guide you, you will also keep on being unproductive and keep on wasting your opportunity to become a healthier individual. You may also like exercise chart examples & samples. Do not let indecisiveness rob you of the time you can use on more relevant activities. You may also check out training sheet examples & samples.
2. Listen to a workout playlist to get you motivated. Have you ever tried working out without music and with music?

Notice the difference? It's quite drastic because the music you would listen to can actually help you pump up yourself to get yourself move more. You might be interested in exercise schedule examples & samples. When you get a chance to listen to a music that is the kind that would get your entire body to move and groove, you better take note of it and include it in your workout playlist. This workout playlistst can definitely help you on your next workout session. Additionally, you must also ensure that you are using the right music equipment like your earbuds to make sure that what you hear is of quality.

4-AWARENESS TO PEOPLES

Self Awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Self Awareness allows you to understand other people, how they perceive you, your attitude and your responses to them in the moment... This is a state of heightened awareness.

5-CLEAN ENVIRONMENT:

For some people environment generally means nature. The environment is the surroundings in which living beings take birth and evolve according to changes that happen from time to time. It is the environmental challenges, changes, and makes human beings adapt to the state of the environment they live in. Thus, Environment visibly affects the humans living on it in many direct or indirect ways. The life on earth is interconnected in a way that proves that whatever we give in to the earth does not simply disappear. Contaminants reach the humans in the form of the food they eat, the air they breathe and the water that they drink. In some or the other way, everything is connected. The most vulnerable to the harm of the environment are the children and the old age people as their immunity for many reasons. The Food that we eat is not free of pesticides or chemicals as well. When the food is produced many chemicals are used for ensuring the proper growth of food and this, the modern additions damage the quality of the soil of the farmland. Moreover, they also reduce the quality of pollinators that help the food grow naturally. They can cause many diseases like cancer and antibiotic resistance in the people who eat them. Maintaining the quality of water is important as well because only 2.5% of the total water on earth is drinkable. No matter how many clean water safety acts we put out, sometimes it will always slip through. Many plants rooted in water safety are under threat. We have made rivers and ocean dumping areas which at last dent a hole in our hygiene only.