

Sri Lanka Institute of Information Technology



**Impact of Modern Lifestyle on People's
Health**

IT1080

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Terms of Reference

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Introduction

The day-to-day behaviors and habits of the humans, their individual contribution to work, the activities, diet, we call the lifestyle of the human being. And, lifestyle can change according to people's religious believes, culture, and where they live.

When we are considering past and modern lifestyles of human beings there is a huge difference between them. In fact, the modern lifestyle is much easier than the past one. In the past time, people are dependent on handwork and the environment, but nowadays modern world people are dependent on technology.

In a past life, we get too much time to do a one work but nowadays we can do so many works at the same time. Likewise, the modern lifestyle makes so many changes in people's life. According to these details, we can say modern lifestyle those changes makes a better change in people's lifestyle.

If we get anything, it has two sides. One side may be bad and while the other side is good. When we consider the modern lifestyle it can be proved.

Technology and current lifestyle are very closely intertwined today. So, the lifestyle of people has changed a lot with the advent of technology in people's lives. After technology arrived in our lifestyle people's life some changes make them weak. As a result of the modern lifestyle, millions of people following an unhealthy lifestyle. So, the modern lifestyle directly impacts people's health.

Nowadays scientists make reports according to the research of modern world people's health. In there we can see people's health situation is not good. Due to so many bad habits of people, their lifestyle becomes complicated. Their laziness, stressful lifestyle is like saying welcome to an unhealthy lifestyle.

According to WHO, they said, “***60% of related factors to individual health and quality of life are correlated to lifestyle***”.

It is a devastating effect on people physically, mentally, etc. So that, we need to aware of it and become healthier people.

Our research aims to inform people on how to live a modern lifestyle correctly. As a world, our goal is to endow society with a healthy population by providing active means of overcoming physical, mental, and social problems.

Objectives

This report focus primarily on how modern lifestyles affect human lives. As well as we are discussing here the solution to get rid of these problems and become healthier. This topic is divided into subcategories like:

- The importance of a healthy lifestyle and how modern lifestyle affects it.
- Modern lifestyle and it is effects of people's mental health.
- Modern lifestyle and it is effects of people's physical health.
- Other effects of modern lifestyle to human health.
- Unhealthy habits of modern lifestyle
- Ways to avoid these problems.

Methodology

In compiling this report the mostly data was found over the internet. As well as we used some resources like book and articles. The community like WHO details also supported to create this report.

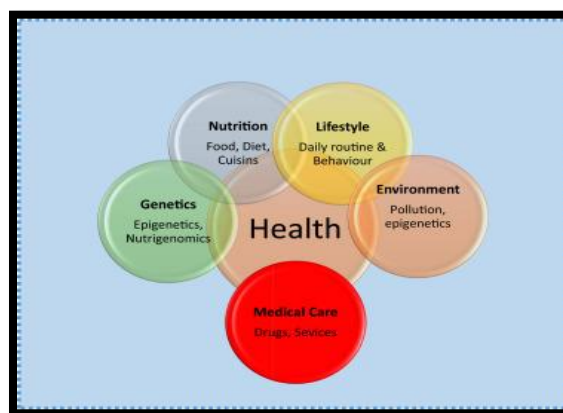
The importance of a healthy lifestyle and how modern lifestyle affects it

“Healthy lifestyle is,

- A way of living that **LOWERS THE RISK** of being seriously ill or dying early.
- A way of living that **HELPS YOU ENJOY** more aspects of your life.
- A way of living that **HELPS YOUR WHOLE FAMILY**

(Excerpted from “*World Health Organization – WHO*”)

Researchers have proven that modern the lifestyle is an important factor in the health status of many developed countries. And also scientists have proven that a variety of modern lifestyles affect our health physically, mentally, and socially. The relationship of lifestyle and health should be highly considered. If not considered, we will suffer a lot from diseases and disorders.

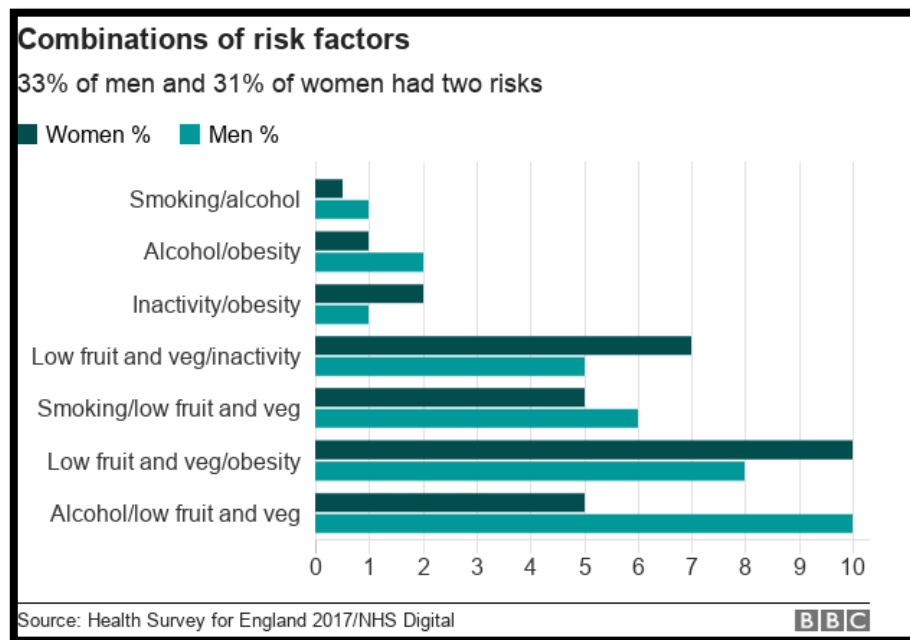


Staying healthy should be a part of our entire lifestyle. Living a healthy lifestyle can help prevent chronic as well as long-term illnesses. Taking care of our health is important for our self-esteem and self-image. It also makes you feel good about yourself. Maintain a healthy lifestyle by doing what fits your body.

According to the World Health Organization, 60% of factors related to personal health and quality of life are related to lifestyle. Most people in the world lead unhealthy lifestyles and therefore suffer from various diseases and even death.

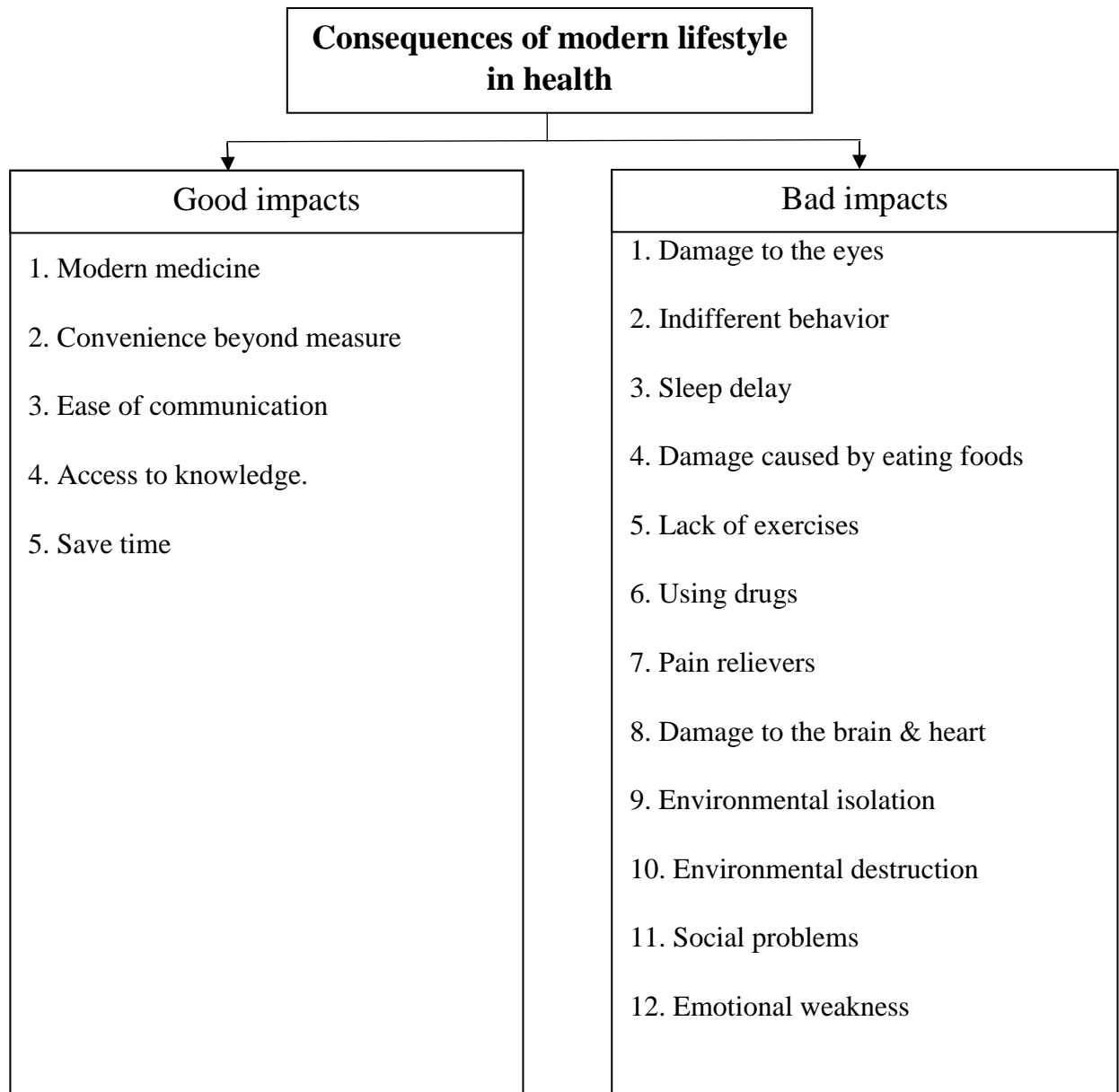
Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence are can be caused by an unhealthy lifestyle.

The lives of many people today have undergone great changes. A presentation of unhealthy lifestyles such as malnutrition, unhealthy eating habits, smoking, alcohol, drug use, stress, etc. They can be used as a form of major lifestyle health problems. Let us consider how women and men use these.



With the expansion of new technology, the lives of citizens have to face various challenges. For example, with the rise of information technology such as the Internet and communication networks, the physical and mental health of the world's citizens is under great threat.

Let us consider how the modern lifestyle affects health.



Modern lifestyle and its impact of people's mental health.

Healthy means free from disease...

Lifestyle maybe a manner applied by individuals, groups, and nations, and is made with specific geographical, political, economic, cultural, and spiritual text. Lifestyle is referred to like the characteristics of the residents of a locality at a particular time and place. It includes day to day behaviors and functions of the people in activities, jobs, fun and diet.

Today wide changes have occurred within the lifetime of all individuals. Unhealthy diet malnutrition, alcohol consuming, smoking, drug abuse, stress, anxiety and so on. Are the demonstrations of unhealthy lifestyle that they are used as an effective form of lifestyle?

Apart from this, citizens must face new challenges in their lives. For examples, rising new technologies within the internet and virtual communication networks, take our world to major challenges which lead people to physical and mental health problems.

A variety of lifestyle or health-related habits can have a major on a person's mental and physical health. A modern lifestyle may increase the risk of some psychological health problems. Modern technology can have a big impact on the mental and physical health of users can have a big impact on the mental and physical health of users. If you are excessively attached to or highly dependent on modern equipment. It can lead to psychological issues such as destruction, the expectation of instant gratification, narcissism, and even depression. But if strike a balance between online and real-world social relationships, manage screen time and more forward, People can keep their mental health under control.

When it comes today very big problem for human communications, mentally and physically so on. For that today our relationship and family relationship are broken.

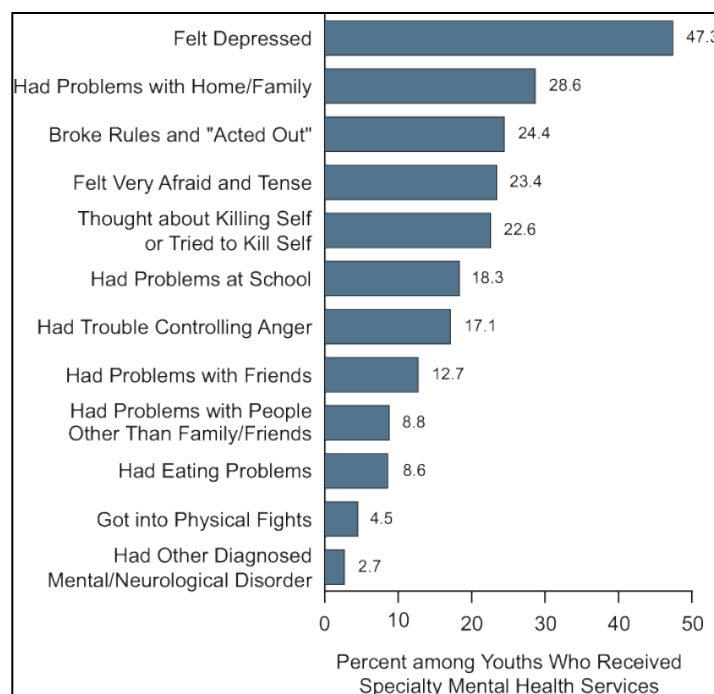
The family bond is very strong and important relationship in the world. But it do not know children. They do not know how to manage their education how to talk their adults, parents, and friends. Not only that but also they wasting their time and money. They always spend their time with social media.

So that today people do not have time to attend each other home because they are busy with mobile phones, computers, or television so on. As a result, relationships can drift apart.

So modern lifestyle should be developed with our religion and technology but in a good manner. Further religious and philosophy always strengthens man's optimistic attitudes, prompting them into the right path. So, people automatically become a horrible, well civilized, great person and we can maintain our modern lifestyle

Violence

Declaring violence, a leading public health problem, the world health assembly called on the world health organization to develop a technology of violence that characterized the different types of violence and the links between them. Few typologies exist already, and none is very comprehensive.

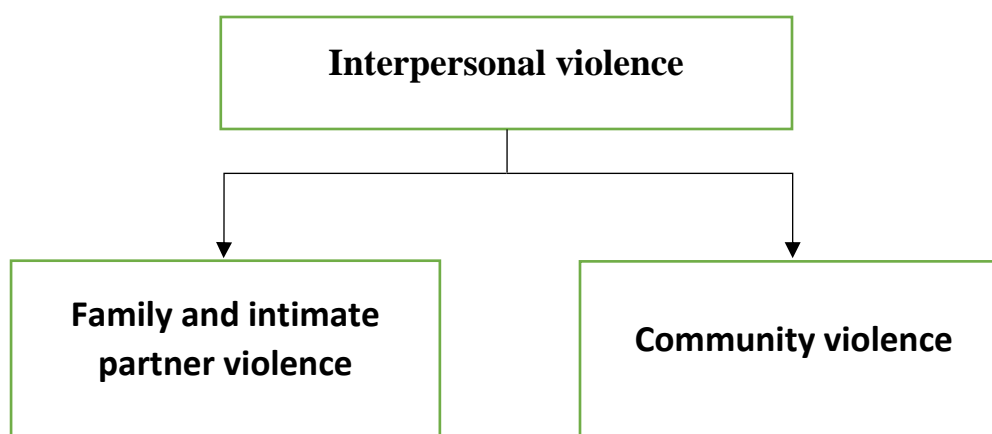


There are two main types of violence cause of impact of the modern lifestyle

1. Interpersonal violence
2. Collective violence

Interpersonal violence

Interpersonal violence is divided into two sub-categories.



1. Family and intimate partner violence

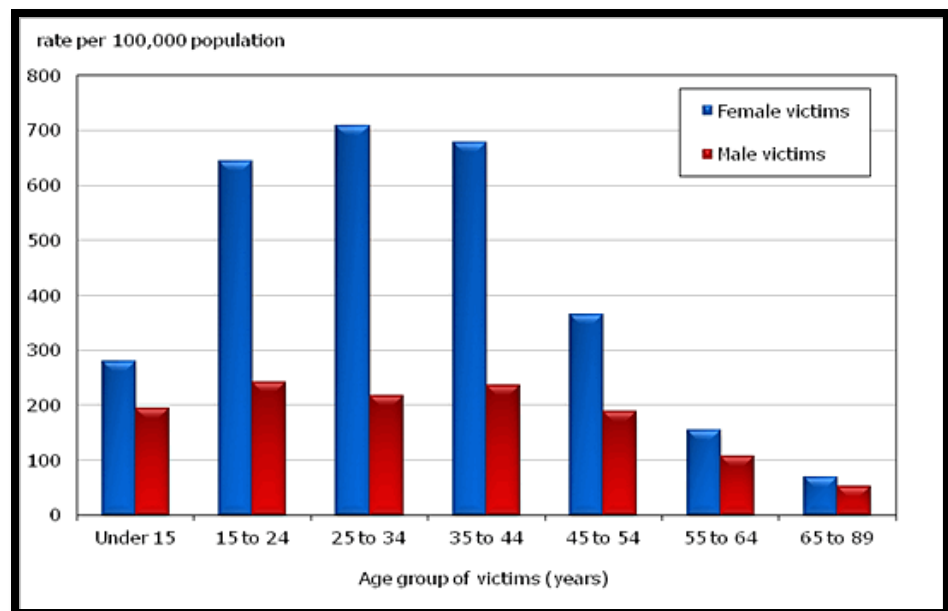
This is violence largely between family members and intimate partners, usually though not exclusively, taking place in the home.

What is family violence?

Family violence (also called domestic violence) is not only physical abuse, it also be sexual, psychological, emotional, economic spiritual or legal abuse.

- All forms of family violence are illegal and unacceptable.
- If someone affected by family violence, help and support are available.

- Family violence can be divided into,
 - Stress disorder
 - Mental unhealthy
 - Alcohol addicted
 - Elder abuse
 - Child parent relation



2. Community violence

Violence between individuals who are unrelated, and who may or may not know each other, generally taking place outside the home.

Collective violence

May be defined as; the instrumental use of violence by people who identify themselves as members of a group whether this group is transitory or has a more permanent identity – against another group or set of individuals, to achieve political, economic or social objectives.

Moreover, here above details we mentioned about disadvantages of mental health. But current lifestyle is not too bad. Advantages also there. When we are considering about good side of current lifestyle according to mental health. More relaxed and better able to cope with things. This is especially important when you have a mental illness.

Not only that but also there are lot of kinds of technological innovations in the present society. Such as smart phones, computers, and televisions so on. We can get a lot of advantages from them. We can,

- Shave a lot of information.
- Save our time and money.
- Learn some educational things through online.
- Continue a good communication (global community)
- Business through internet so on.

Furthermore, we can continue a good mental health through the technology. We can listen to the beautiful music and songs, watch some religious programs, yoga programs. We can relax our mental health from them. But do not addicted or do not look badly these,

Technology is not a bad thing. It is very useful thing for our modern lifestyle. In addition to that technology is main part of the modern lifestyle. In the present society people cannot live without a technology.

Modern lifestyle and its impact of people's physical health.

When we considering about physical health of human being it is going deteriorating. In the modern world people continue to suffer from poor physical health problems, because they pay little attention to their health.

1. Obesity and overeating

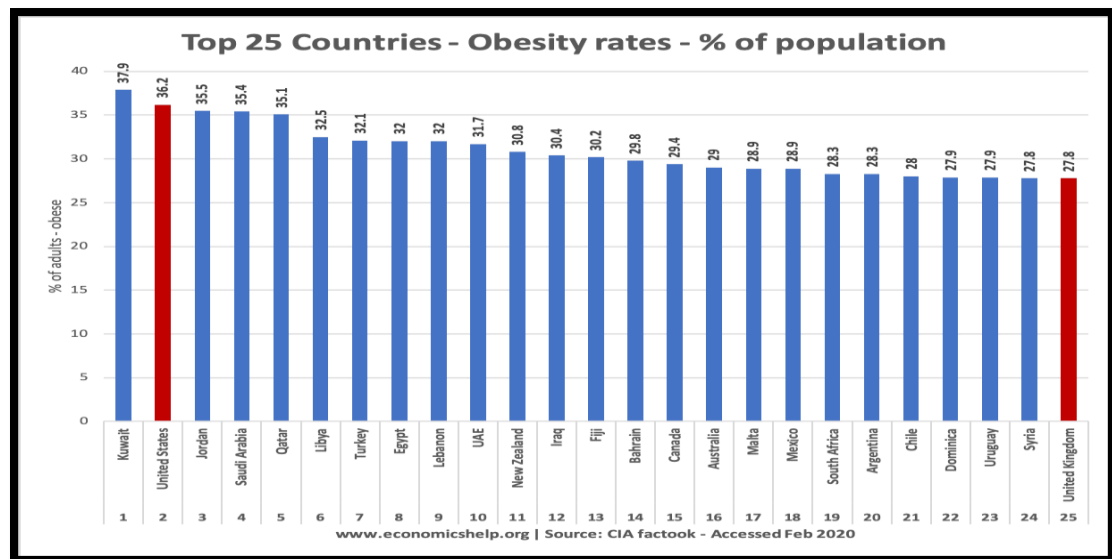
Eating is not the only way to satisfy hunger, but also to get the nutrition you need. Such as vitamins, proteins, carbohydrates, and fat etc. People in the modern world today are suffering from diseases such as obesity, overweight due to their craving for fast food. Even they should maintain a diet plan, but they do not care about it. In fact, with the advent of technology, people become accustomed to a fast-paced lifestyle, which is why they expect a rapid increase in their diet. Obesity has become a chronic disease today due to the fact, that people living in a busy world do not have time to prepare a nutritious meal and their focus on Western lifestyle and related fast foods. As a result of using fast food, nowadays people become obese. As well as unhealthy lifestyle can be measured by BMI.

“There are some facts about obesity, **excerpts** from the “*World Health Organization*” data.

- In 2016, more than 1.9 billion adults aged 18 years and older were overweight. Of these over 650 million adults were obese.
- In 2016, 39% of adults aged 18 years and over (39% of men and 40% of women) were overweight.
- Overall, about 13% of the world's adult population (11% of men and 15% of women) were obese in 2016.

- The worldwide prevalence of obesity nearly tripled between 1975 and 2016.”

Below chart displays obesity rates of 25 countries:



According to the chart here, we can identify obesity become a common disease in whole over the world.

Then we considering about overeating most probably this disease affect by children. The main reason for this is that parents are not able to pay much attention to their children in modern lifestyle. As a result, children overeat because they are unaware of the nutritious diet they want.

2. Lack of exercises

Nowadays people do not have much more time to give any exercise to their body and keep it functioning. Almost all people after having their meal go to bed and sleep. People are become very lazy. Some people are busy on their works, others are on study. So, they have no time. Lack of exercise are not better for healthy life. Without any exercises if people are working too much, they definitely caught by some physical diseases like neck pain, back pain or else eye pain.

3. Less sleep and sleep deprivation

It is very difficult to pay attention and listen when we do not get enough sleep. This affects people's performance and job productivity badly. Inadequate sleep slows down people's response time, causes unsafety driving and many other issues.

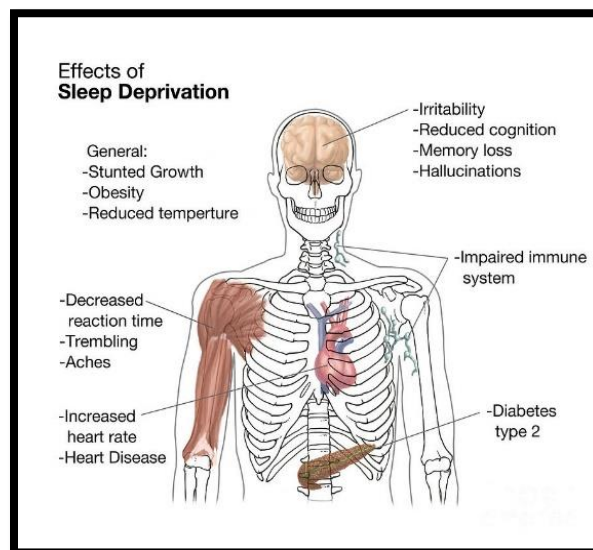
As a result, daytime sleepiness and decreased daytime activities are seen. Excessive use of electronic devices such as laptop, Televisions and smart phones are also factoring that interfere with normal sleep and wake patterns.

Lifestyle changes that involve diet and physical activity as well as overweight increase in modern society are associated with insomnia.

Less sleep and sleep deprivation can lead to much illness. As examples like:

- Irritability
- Cognitive impairment
- Impaired immune system

In this below image there are some of the diseases related to less sleep and sleep deprivation.

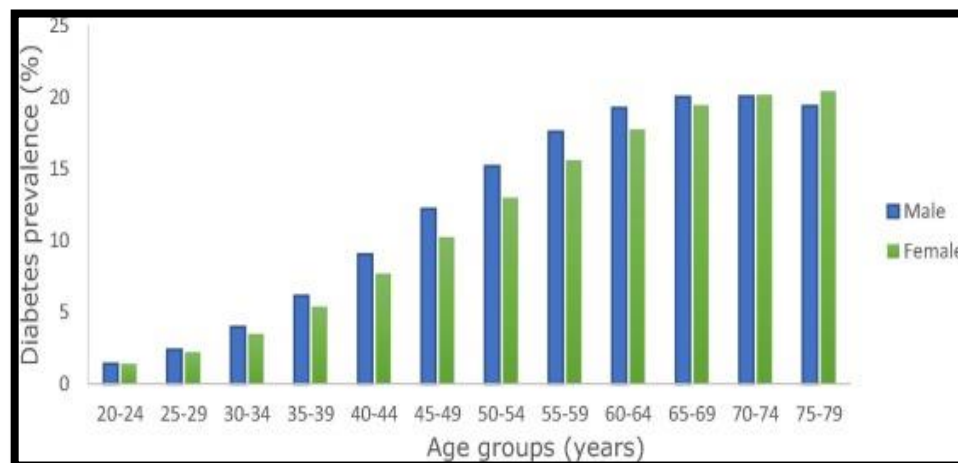


4. High Blood Pressure

As a result of unhealthy lifestyle most people have diseases like high blood pressure. High blood pressure usually develops over time. If person does not engage in adequate physical activities, he or she is more likely to develop diseases such as high blood pressure.

5. Diabetes

Diabetes is chronic disease that occurs due to body is unable to control blood sugar properly. Moreover, the lifestyle of the people in the world today is one of the major reasons for this. As an example, regularly having fast foods as a meal.



According to above details we can understand how much complicated life we have. As well as we must maintained it regularly. Not week by week or month by month.

Daily we must consider about our lifestyle. Otherwise definitely our lives become unhealthy lives. In here above details, we mentioned only the facts what are related to unhealthy category of the modern lifestyle.

Now we can consider about what are the facts related to advantages of modern lifestyle.

- **Latest apps**

Nowadays we can see so many apps and using those apps we can measure our blood pressure level, how much calories we lost and gain, and we can count how many calories burn after doing exercises. So, people do not need go and check their blood pressure level or diabetes level we have several machines to do those things at home. Not only that but also there are some smart phones with a sensor, and using that sensor, we can count our pulse.

- **Modern medicine**

Nowadays we are in Covid-19 time. We have machines to check people are affected by covid or not.

According to those details we can understand, in modern lifestyle we have so many facilities for develop and maintain physical health.

- **E-channeling**

Nowadays people do not need go to the hospital and book a channel. They can do that through that e-channel service. Via the phone they can channel a doctor easily.

- **Exercise machine**

There is so many exercise machines to do exercise and do not waste too much time. Furthermore, there is some exercise machines even we are in working we can use those and get exercises very easily.

We can change the speed of using the machines. As well as there are various kind of machines for hands, body like wise. So, we have to choose what we want and prepare the time to do exercises.

Other effects of modern lifestyle to human life

In modern life people are spending busy lifecycle. They have no time to give attention for their physically and mentally health. Today most of the people accustomed to unhealthy eating habits, to get alcohol and narcotic, unhealthy sleep etc. In here we describe few things like that.

- Medication abuse
- Substance abuse
- Application of modern technology
 - Data Sharing
 - Artificial intelligence

1. Medication abuse

In the present lot of people spend busy and stressful life. They have not enough time to spend with nature, do some enjoyable thing. At the result of this they become a long-term patient. Diabetes, high blood pressure, cholesterol, kidney stones, heart disease famous noninfectious diseases in present.

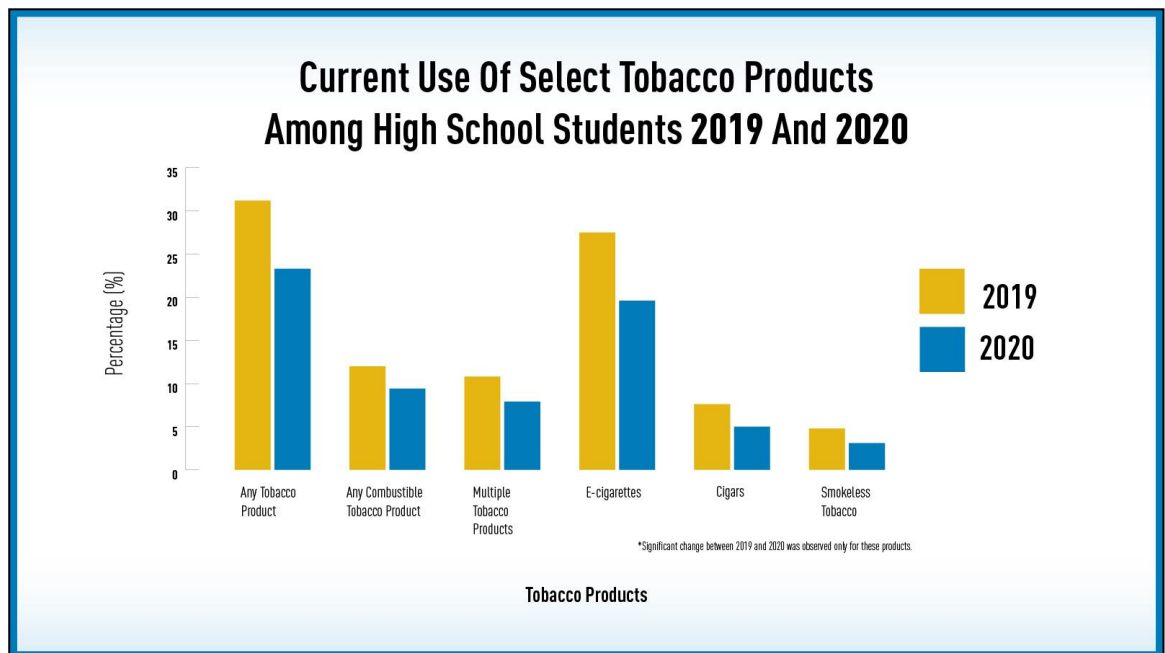
Diabetes is very common noninfectious diseases in present. Take more sugars, fat, carbohydrates the reason for being a diabetes patient. If we do not control the diabetes, we faced lot of trouble. It can damage important organs like heart, kidneys, eyes, and nerves. do not following the meal plans, do not do exercises, have an illness or too much stress, do not check blood sugar levels are the reason to be a diabetes patient.

High blood pressure usually develops over time. It can happen because of unhealthy lifestyle choices, such as not do enough physically activities, eat fatty foods, smoking, take lot of alcohol, stay with stress life.

The result of having high blood pressure contribute many illnesses including heart attack, kidney diseases, heart failure. In modern lifestyle lot of people become an illnesses. We give more attention for exercise regularize healthy diet, quit smoking, cut back of caffeine.

Human body's cell need cholesterol, but high level of cholesterol can increase your risk of heart disease. Take fatty cuts of meats, deep fried fast foods, and processed foods. Takeaway foods are the reason to be a cholesterol.

In this case we can see the modern lifestyle has a huge chance to getting this.



2. Substance abuse

A medicine or other substance which has physiological effect when ingested or otherwise introduced into the body we called drugs. The modern day lots of people addicts alcohol, nicotine, and many more carcinogenic things too much and they become a pursuit of pleasure.

Liver and heart problem, prostate problem and impotence, blood cancer, loss of vision, crippling arthritis, and increased levels of aggression are the some of side effects of using drugs. Family history, mental health problem, social pressure is some reason to addicts drugs.

3. Application of modern technology

- **Data sharing**

Data sharing give many advantages to health care. All the important information is being caught and share. Several organization are already collecting and using people's health related information in order to predict illnesses, diseases or medical conditions.

For example, research in United Kingdom found that areas with high blood sugar and high cholesterol some organization used digital records of supermarket.

According to another university, Facebook posts were used to predict diseases like hypertension, depression etc. It is said that there is a connection between diseases and language patterns.

- **Artificial intelligence**

This is the result of modern technology. Artificial intelligence is very important and give lot of advantages to health care. It is used for imagine diagnosis in genetics, labs, pathology and other health care areas as it facilities decision making and improve process and diagnosis.

Unhealthy habits of modern lifestyle.

The modern lifestyle is not healthy because of our own mistakes. It has turned to the bad side due to the misuse of technology and bad habits. Let us consider some of these bad habits.

1. Spending too much time in front of a screen

Scientists say that spending too much time in front of a screen is especially harmful. This can cause to stay awake and start a vicious cycle, which can lead to manic stress and damage to the eyes. Prolonged viewing of a computer screen can lead to sluggish behavior and depression.

2. Indifferent behavior

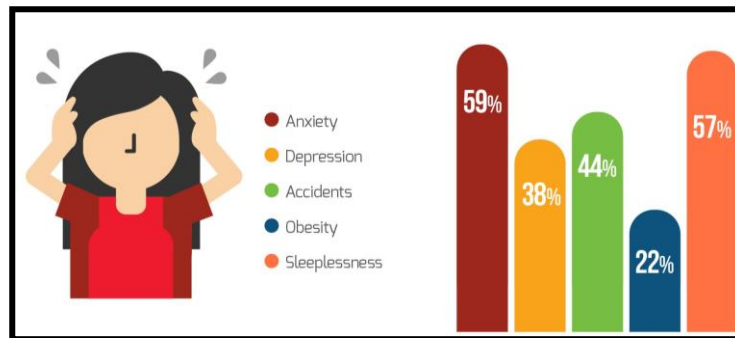
Scientists say that at least movement is related to indifferent behavior and that there are serious health risks associated with it. Research has found that it increases a person's risk for a wide range of physical and mental health problems, such as obesity, high cholesterol, diabetes, cardiovascular disease and depression.

3. Smoking

Many people approach smoking as a fashion. Many smokers say that they enjoy the habit of smoking and that smoking gives them a pleasant feeling. But when addicted it can't be stopped. The main cause of smoking addiction is highly nicotine addiction. When nicotine is given to the body, the brain gradually becomes addicted to it. Smoking causes lung diseases including cancer, heart disease, stroke, lung disease, diabetes, impotence, and heart disease, chronic and chronic bronchitis. Smoking increases the risk of immune problems including tuberculosis, sometimes eye diseases and arthritis.

4. Use of mobile phones

Mobile phone screens seem to have a lot of additional issues. Studies by teenagers and schoolchildren have shown that cell phone use at night can affect sleep and cause insomnia. This is especially a problem for young people, many of whom exhibit behaviors similar to cell phone addiction, which can be taken as a form of hyper-alertness. The negative health effects of insomnia range from the risk of physical health problems such as lowering immunity, high blood pressure and high blood sugar to mental health problems such as drugs and depression. The chart below shows the side effects of usage mobile phones according to millennials.



5. Using pain relievers

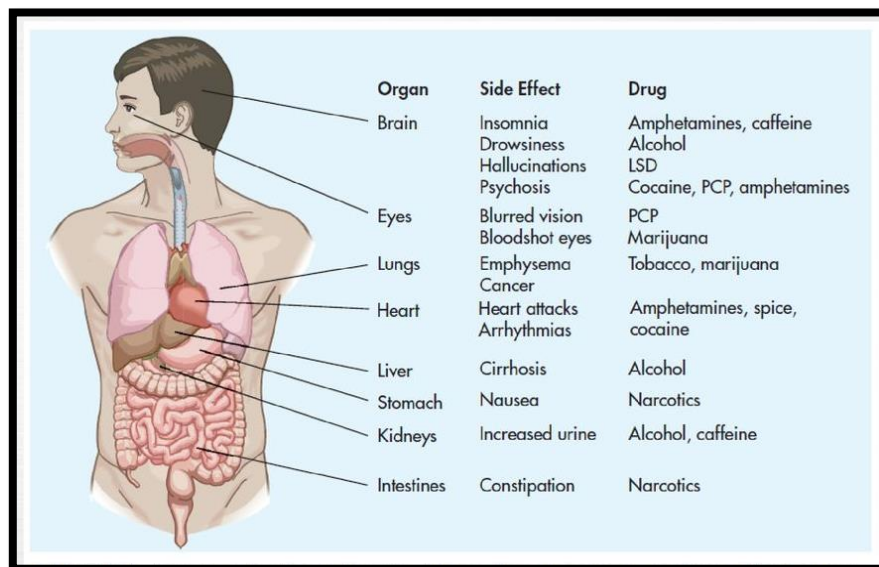
While self-medications such as antibiotics have a negative effect on the immune system, if the individual would be affected by infection, antibiotics will not be effective in treatment. Overall, 10 percent of those who are self-medicated will experience severe complications such as drug resistance. Sometimes drug allergy is so severe that it can cause death.

6. Excessive use of high technology machines

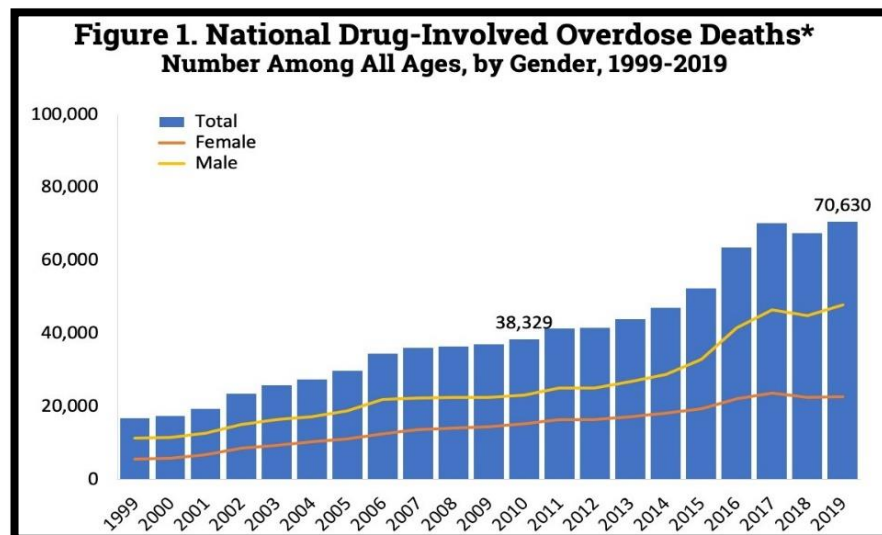
Humans have become accustomed to using technology extensively. Many of the tasks that can be performed on a person's body are done by machine, and because of lack of proper exercise reduces energy and there is an increase in boredom.

7. Using drugs

In some countries, the overuse of drugs is a major unhealthy life style. Iran is one of the 20 countries using the most medications. Drugs stimulate the parts of the brain that make you feel good when you start to use them. Then the brain gets used to it. More and more drugs are taken to get those feelings. Later, they cause serious harm to the body and brain. They prefer medication to other intervention. Drugs adversely affects many parts of the body as follows.

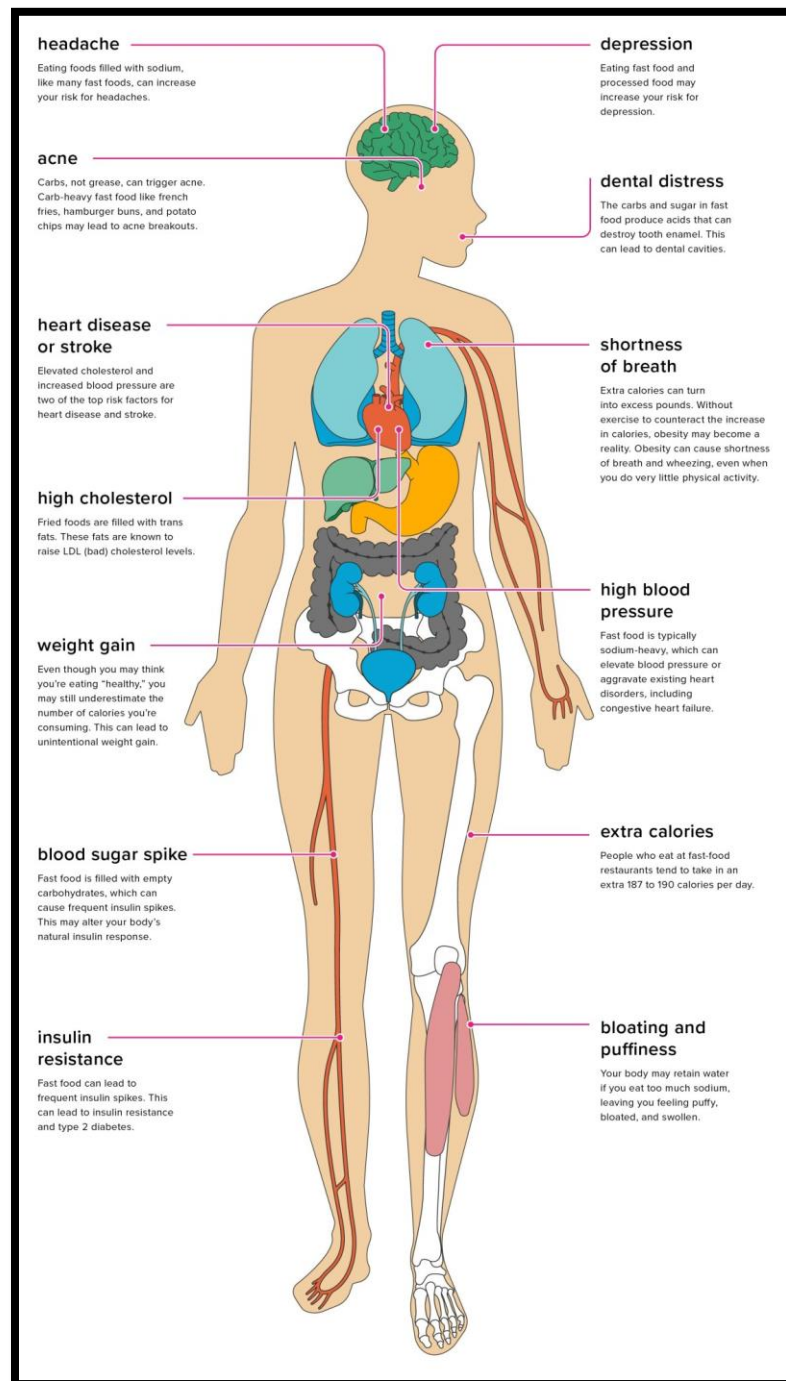


**Figure 1. National Drug-Involved Overdose Deaths*
Number Among All Ages, by Gender, 1999-2019**



8. The high intake of fast foods

This is because of the short time given for eating healthy and choosing healthy foods in the restless and hectic life. Lack of physical activity with fast food adversely affects many parts of the body as follows.



Ways to avoid these problems.

With the technological advancement and busyness of today's society, we have to use technological machines for most of our daily activities. Spending a lot of time with these can greatly affect the functioning of our brain as well as our health. So, we can use various activities to solve some of the mental and physical problems that occur in moving forward with this very busy modern lifestyle. They are as follows.

1. Being stress-free

Nowadays, stress is a common problem among peoples. This is because of the current lifestyle and habits. We can try some relaxing activities to relax our minds. They are,

- Access to nature
- Meditation
- Supportive relationships
- Balanced nutrition
- Quality sleep
- Physical activities
- Listening to music and Watching a comedy
- Reading books and etc.

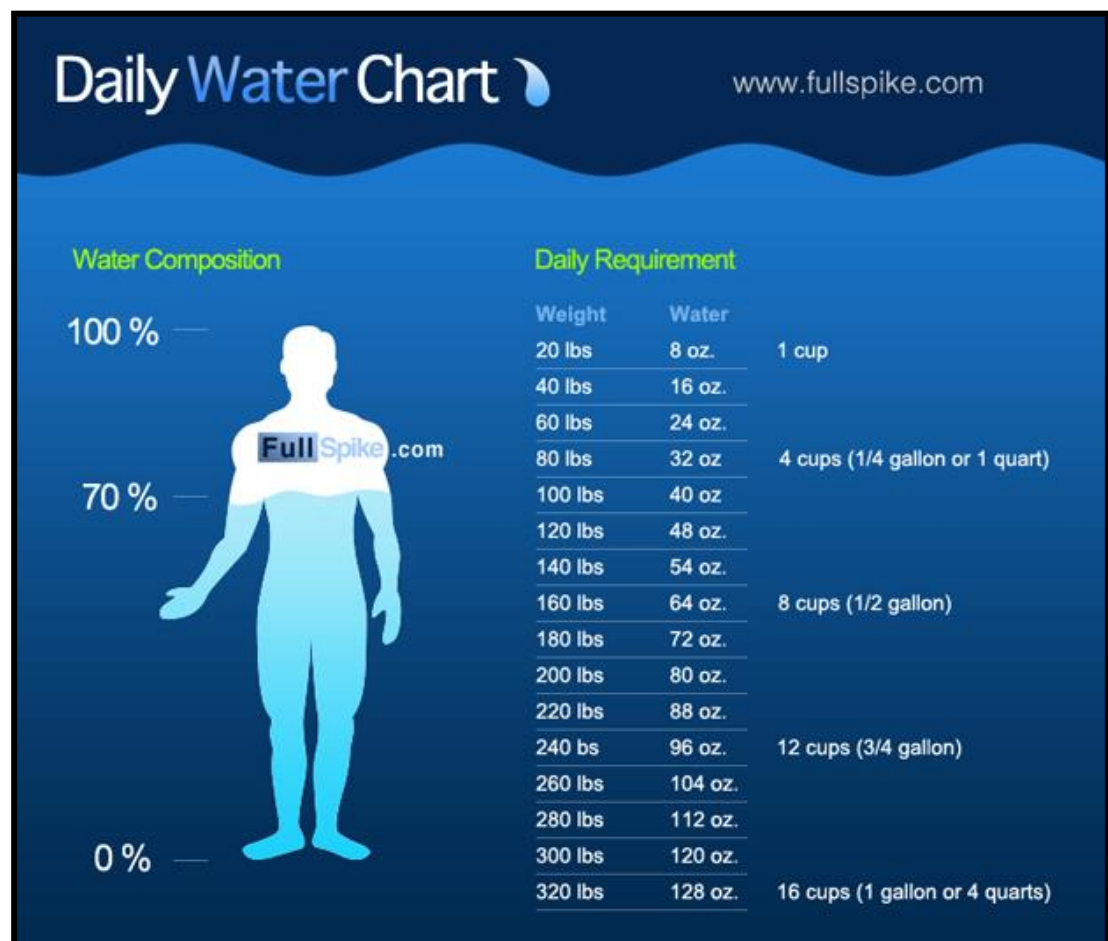
And one of the main causes of stress is the long-term use of technological tools. This is normal with the current situation. Alternatively, when using technological tools, we can take some short breaks after a certain period and things like listening to music can follow during this time.

So, by doing things like these we can get rid of stress, and also balance the modern lifestyle.

2. Drink more water

We can save money and improve our health by drinking water. Water is the cheapest and most precious resource we have. But nowadays people do not drink sufficient water. Drinking more water can cleanse toxins from the body and boost cells. We losing to some extent of water via urine and sweat. Therefore, require to take enough amounts of water for what to balance the water level in our body. On average, 2 liters of water or half a gallon a day is enough for a person.

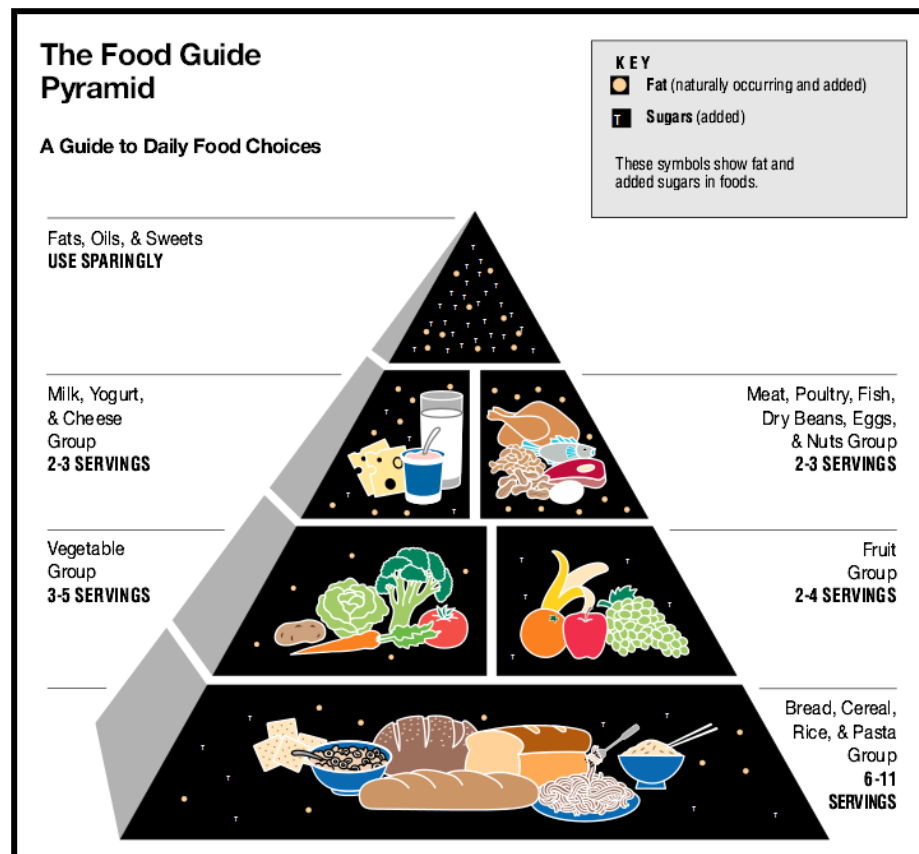
Anyway, Water is the most valuable and important thing for balancing our modern lifestyle and health.



3. Get more veggies and fruits

Green vegetables and fruits are better for our health. These contain nutrients such as vitamins, minerals, antioxidants, and chlorophyll. Usually, chlorophyll is better for our liver and antioxidants to help fight eye disease. Furthermore, vitamins and antioxidants help boost our immune system and fight off disease-causing toxins. Fruits and veggies help to fight some cancers, diseases, and heart diseases. But while cooking is lost many nutrients in that. As a remedy for it, we can get veggies half boil or get pure juices out of veggies.

Furthermore, we can get light meals and can be avoided get heavy carbohydrates like rice, pasta, and bread. So, eating more green vegetables and fruits helps balance the Modern Lifestyle and Health.



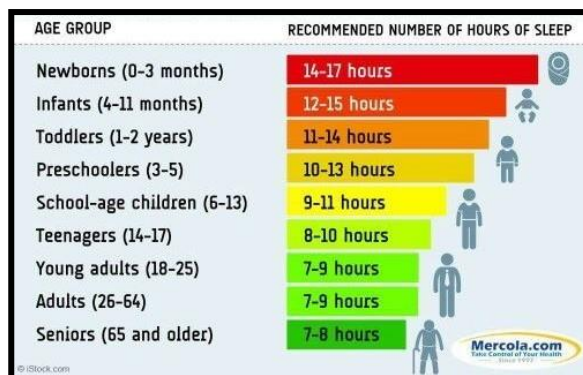
4. Adequate sleep

Sleep is a special part of your good health and well-being. But due to the Modern Lifestyle nowadays, people are unable to get enough sleep well. Sleep at the right times and get quality sleep can protect your mental and physical health. Also, it will be getting you to a better lifestyle.

Furthermore, can follow these habits to get adequate quality sleep.

- Keeping bedroom without, phones, laptops.
- Avoiding heavy or large meals within a couple of hours of bedtime and avoiding going to bed hungry.
- Keep a regular bedtime and getting some 7-9 hours of sleep.

Below is a chart of adequate sleep.



5. Exercise

Exercise is the main part of a balanced modern lifestyle. It is the better way to balance our health and relax our mind heaviness. We can try to exercise up to three times a week like a habit. Furthermore, we can exercise like a habit for 30 minutes every morning. By that, we can make our day pleasant and keep our mental health. We can try some physical activities likes exercise. They are as follows.

- Dancing
- Yoga
- Running

- Hiking

These lifestyle tips can help us to balance a modern lifestyle with maintaining our mental and physical health.

6. Avoid wheat

Nowadays, wheat flour is an ingredient that does not contain any nutrients. With the modern busyness, we are all accustomed to eating mostly fast food. Most of these are wheat flour products. Eating these can lead to many non-communicable diseases such as high blood pressure, diabetes, and high cholesterol. So avoiding these will give us a healthier life.

The BMI value for a healthy life

Furthermore, the BMI value can help us determine if we have a weight that is appropriate for our height when we are concerned about the health of our body. It can be calculated as follows.

$$\text{BMI Value} = \text{Person Weight (kg)} / (\text{Person Height (m)} * \text{Person Height (m)})$$

$$= \text{kg/m}^2$$

According to the below table, we can get an idea about BMI.

WHO CLASSIFICATION OF WEIGHT STATUS	
WEIGHT STATUS	BODY MASS INDEX (BMI), kg/m ²
Underweight	<18.5
Normal range	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	≥ 30
Obese class I	30.0 – 34.9
Obese class II	35.0 – 39.9
Obese class III	≥ 40

Conclusion

The impact of modern lifestyle has a direct impact on human health. Due to the busy lifestyle of the people, they have not been able to focus on 100% health. However, steps can be taken to raise awareness about the adverse effects on health.

We can guide people to lead healthy lifestyles. Eating a balanced diet can lead to a healthier lifestyle. Mental health can be maintained by living a peaceful life. People should use modern technology only for good. Failure to do so can be life-threatening.

Finally, changing certain traits can lead people to a healthier lifestyle.

Recommendation

As a recommendation people should give attention to their mental health, physical health, and other effects.

- We can make a healthy diet plan which includes vitamins, proteins, carbohydrates, etc.
- Get enough sleep and aware of sleep deprivation.
- Give exercise to our body and keep it functioning.
- Schedule our time properly and make a day plan for our lives.
- Spend an enjoyable and stress-free life by listening to music, attend yoga programs and religious programs like mental health growing up thing.
- Drink more water and get vegetables and fruits help to gain good health.
- And also aware of bad addictions.
- Make good use of all the good things that lifestyle has given us.

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