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## ORIGINAL ARTICLE

### AN ARTICLE ON PREVENTING HEALTH THREATS AND LIFE STYLE DISEASES THROUGH LIFE STYLE CHANGE

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### *Abstract*

**Aim of the Article:** The propose of this article is to bring the attention towards a method to overcome the barriers of lifestyle diseases .This article discuss about the ways and means to defend the lifestyle diseases and to provide a tool to tackle this threat. **Methods:** The information on life style related to health problems collected from different medical journals. Life style of a person or a society is absolutely playing a vital role in deciding the health, recovery and quality of life of them. So some lifestyle changes improve fitness and quality of life and decreases the risk of many different diseases or disorders. **Results:** This article reveals the components, threats and challenges for leading a healthy/positive life style. So we can conclude that the one who is leading a healthy life style is the one who is leading a positive life style. The article describes the important to have positive healthy life style to overcome the challenges of lifestyle disease. **Conclusion:** Contemporary life style in the country have resulted in may new generation daises in the society and most of them are due to an imbalanced lifestyle .The article can invite the attention to a way of life change to tackle the lifestyle diseases.

**Keywords:** Lifestyle diseases, quality of life, threats and challenges of life.