

Top 13 habits to reduce life expectancy need to change immediately

Sitting too much, living alone and having little interaction with people are some of the many fast life-long habits that you should know.

Besides good habits, there are also many habits - seemingly very normal, even a hobby of many people - to become "blades" that can cause very serious harm to health. Therefore, it is very important to understand what they are to change right now.

Here are 13 of the many bad habits.

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1. Eat too many sweets

You are loading more sugar than you think. Sugar is not only found in white sugar, but also in starches, sweet fruits and other canned products. Adding too much sugar and calories in meals will make you more prone to obesity and diabetes - one of the most difficult conditions to cure and draw on a range of other problems such as liver, kidneys . that make health quick downward.

2. Live alone



People need interaction. Therefore, choosing to live alone, not married is not a good idea. Even though there are many relationships, you also need to have a home, a family where you can share and feel their interest whenever you fall down the most. Therefore, consider carefully if you choose to live freely because you may miss a lot of things.

3. Sitting too much

Many studies show that sitting too much will make life faster. According to **JAMA Internal Medicine** , sitting more than 11 hours a day increases the risk of death by more than 40% within the next 3 years. Therefore, if you are an office worker, it is very necessary to apply some gentle exercises for office workers.

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4. Lack of interaction

Many people choose to live less relationships, less communication and keep distance from everyone. It is a lifestyle. However, an advice that if you remove your own barriers and get closer to the outside world, you will find life extremely beautiful. Meet, chat, make friends is a great way to make you more cheerful and open.

5. Cheerful TV

There is the fact that after a hard day of work or study, many people tend to sit in front of the TV screen, eat popcorn and enjoy the feeling of relaxation. It doesn't matter if it's occasional, but if you keep this habit constantly, it will greatly affect your child's development as they will imitate you, not to mention many of them. Potential diseases such as heart disease or obesity. In addition, according to the **New York Times** , after age 25, an average of 1 hour of movie viewing will reduce the life span by 21 minutes. It sounds very small but really, the problem will be more serious if you continue to watch TV with such intensity!

6. Rest without stop



Spending a whole year traveling or being too easy on yourself will make you lose your motivation every time you go back to work. The brain needs rest but does not need to be prolonged.

7. Sleep more than allowed

Spending a whole day just for sleeping or trying to sleep every day are not good habits. Also, instead of sleeping more than 8 hours a day, limit it to 7 hours to ensure your health!

8. Exercise too much

Exercise is a good habit but if you exercise too much it will be counterproductive, especially to reduce the lifespan of people. So start with the exercise routine by asking your doctor if your health will be able to maintain the exercise regimen!

9. Eat lots of junk food



Many people who do not like to cook often rely entirely on snacks or fast food for all meals. However, fast foods contain saturated fatty acids, which can lead to coronary disorders. You will not realize its consequences when you are young, but a little older, it increases your risk of sudden stroke or heart attack, which is life-threatening.

10. Use your phone too much

Scientific studies have shown that using a phone often leads to health problems such as anxiety or depression. Not only that, phone waves also affect the brain and heart. So, remember to get used to using your phone only when absolutely necessary.

11. Abuse of painkillers

Taking one or two tablets of pain medicine at a time when you have pain is not harmful, but if you take it every day it will not be good. When you abuse painkillers, it can damage the organs in the body, cause addiction, cause symptoms of lack of medication and serious neurological effects. So, don't abuse antibiotics or headaches when you have only a slight fever!

12. At least sunny



The truth is that too long sun exposure can be harmful to health but you should not avoid the sun completely. If you are completely out of the sun, you will be deficient in vitamin D, affecting the absorption of calcium in the body as well as resistance against disease. The best time for sun exposure is about 5 to 7 am - when the sun does not have ultraviolet rays that damage the skin.

13. Fasting to urinate

Sometimes, we are passionate about working, studying so we ignore our natural needs and do not urinate. Being able to urinate for hours can lead to urinary tract infection, which can even damage the kidneys. When the kidneys no longer work effectively, the amount of toxins accumulated in the body will cause a series of diseases in the digestive system and blood.

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