
Lifestyle Management Practices and Quality of Life Indicators

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Abstract: Lifestyle management has become a fundamental determinant of health and quality of life in contemporary society as rapid urbanization, technological advancement, changing dietary habits, sedentary occupations, and increasing psychological stress continue to reshape daily behavioral patterns across populations. These transitions have contributed to the growing burden of non-communicable diseases, obesity, cardiovascular disorders, diabetes, and mental health problems, highlighting the need for effective preventive healthcare strategies. The present study examined the influence of lifestyle management practices on quality of life indicators, including physical health, psychological well-being, emotional stability, social functioning, and overall life satisfaction, using a quantitative cross-sectional research design. Data were collected through structured questionnaires administered to a diverse sample of participants and analyzed using descriptive statistics, correlation analysis, and comparative evaluation to determine the contribution of major lifestyle dimensions to overall well-being. The findings revealed that individuals who consistently practiced balanced nutrition, regular physical activity, adequate sleep, effective stress management, preventive healthcare utilization, and positive social interaction reported significantly higher quality of life than those with unhealthy lifestyle behaviors. Among the examined components, balanced nutrition and regular physical activity emerged as the strongest predictors of physical and psychological wellness, while stress management and supportive social relationships contributed substantially to emotional resilience and life satisfaction. The results further demonstrate that quality of life is a multidimensional construct shaped by the combined influence of biological, behavioral, psychological, environmental, and social factors rather than any single health practice. The study emphasizes the importance of integrating comprehensive lifestyle management into public health promotion, educational programs, workplace wellness initiatives, and community-based

preventive healthcare interventions. Encouraging sustainable healthy behaviors throughout the life course has the potential to reduce disease burden, improve long-term health outcomes, enhance productivity, and strengthen overall quality of life, thereby providing valuable evidence for healthcare professionals, policymakers, educators, and researchers engaged in developing effective health promotion strategies.

Keywords: Lifestyle Management, Quality of Life, Health Promotion, Preventive Healthcare, Physical Activity, Nutrition, Psychological Well-being, Wellness Behaviors

Introduction

Health is widely recognized as a multidimensional concept encompassing physical, psychological, emotional, and social well-being rather than merely the absence of disease. Contemporary healthcare systems increasingly emphasize preventive healthcare instead of treatment-focused approaches, highlighting the importance of healthy lifestyle behaviors for maintaining long-term wellness. Lifestyle management has therefore become a key component of public health, encouraging balanced nutrition, regular physical activity, adequate sleep, stress management, preventive healthcare, and positive social interaction. Collectively, these behaviors improve disease prevention, functional capacity, emotional resilience, productivity, and overall quality of life. However, rapid urbanization, globalization, industrialization, and technological advancement have significantly altered modern lifestyles by promoting sedentary behavior, unhealthy dietary habits, prolonged screen exposure, irregular sleep patterns, and increasing psychological stress. These lifestyle changes have contributed to the growing prevalence of obesity, diabetes, cardiovascular diseases, hypertension, anxiety, and depression, making healthy lifestyle management an important public health priority.

Quality of life has become one of the most comprehensive indicators of human well-being because it reflects both objective health status and subjective perceptions of physical functioning, psychological wellness, emotional stability, social participation, and life satisfaction. Unlike traditional health indicators that primarily assess disease occurrence and mortality, quality of life evaluates how effectively individuals perform daily activities, maintain interpersonal relationships, and adapt to changing environments. Lifestyle management plays a vital role in improving these dimensions through healthy behaviors such as balanced nutrition, regular exercise, adequate sleep, stress regulation, preventive

healthcare, and avoidance of harmful habits. Scientific evidence consistently demonstrates that individuals adopting healthier lifestyles experience lower disease risk, improved mental health, greater emotional resilience, and higher life satisfaction than those with unhealthy behavioral patterns.

The significance of lifestyle management extends beyond individual health and contributes substantially to social and economic development. Healthy populations enhance workforce productivity, reduce healthcare expenditure, strengthen educational outcomes, and support sustainable national development. Nevertheless, disparities in education, socioeconomic status, healthcare accessibility, occupational demands, environmental conditions, and health literacy continue to influence the adoption of healthy lifestyle practices. These barriers highlight the need for comprehensive health promotion strategies that encourage long-term behavioral change and improve population well-being.

Against this background, the present study investigates the relationship between lifestyle management practices and quality of life indicators by examining nutrition, physical activity, sleep quality, stress management, preventive healthcare, and social relationships as interconnected determinants of well-being. Unlike previous studies that often focused on individual lifestyle factors, this research adopts a multidimensional perspective to better understand their combined influence on physical, psychological, emotional, and social health. The findings are expected to contribute to preventive healthcare research by providing evidence that supports health promotion policies, workplace wellness initiatives, educational programs, and community-based interventions aimed at improving quality of life through sustainable lifestyle management.

Table. Major Lifestyle Management Components and Their Contribution to Quality of Life

Lifestyle Management Component	Description	Contribution to Quality of Life
Balanced Nutrition	Consumption of a nutritionally balanced diet rich in essential nutrients.	Supports physical health, immunity, cognitive performance, and disease prevention.
Regular Physical Activity	Routine participation in moderate or vigorous physical	Improves cardiovascular fitness, muscular strength, mental

	exercise.	health, and functional capacity.
Adequate Sleep	Maintaining sufficient duration and quality of sleep.	Enhances emotional stability, memory, productivity, and physiological recovery.
Stress Management	Adoption of healthy coping mechanisms such as relaxation, mindfulness, and time management.	Reduces psychological distress and promotes emotional resilience.
Preventive Healthcare	Routine medical check-ups, vaccinations, and health screening practices.	Facilitates early disease detection and improves long-term health outcomes.
Healthy Social Relationships	Maintaining supportive family, workplace, and community relationships.	Improves emotional well-being, social participation, and overall life satisfaction.
Healthy Behavioral Practices	Avoidance of smoking, excessive alcohol consumption, and other harmful habits.	Reduces the risk of chronic diseases and promotes healthy aging.

Interpretation:

The table summarizes the principal components of lifestyle management that collectively influence physical, psychological, emotional, and social well-being. These interconnected lifestyle behaviors form the conceptual foundation of the present study and demonstrate how comprehensive lifestyle management contributes to improved quality of life and sustainable health outcomes.

Literature Review

Concept of Lifestyle Management

Lifestyle management refers to the adoption and maintenance of healthy behaviors that support physical, psychological, emotional, and social well-being throughout life. It includes balanced nutrition, regular physical activity, adequate sleep, stress management, preventive healthcare, and positive social interaction. Modern healthcare recognizes lifestyle management as a key strategy for disease prevention because many chronic illnesses are

linked to unhealthy behaviors. It emphasizes personal responsibility, self-regulation, and informed decision-making while also acknowledging the influence of environmental, educational, cultural, and socioeconomic factors. Effective lifestyle management enhances overall health, improves quality of life, increases productivity, and supports healthy aging.

Dimensions of Healthy Lifestyle Practices

Healthy lifestyle practices comprise several interconnected dimensions that collectively promote physical, psychological, and social well-being. Key components include balanced nutrition, regular physical activity, adequate sleep, effective stress management, and preventive healthcare. A nutritious diet supports metabolic and immune functions, while regular exercise enhances cardiovascular health, muscular strength, and mental well-being. Quality sleep facilitates physiological recovery and cognitive performance, whereas stress management improves emotional resilience and reduces health risks. Preventive healthcare, including routine medical check-ups and healthy behavioral choices, enables early disease detection and prevention. Together, these dimensions interact synergistically to improve overall health, longevity, and quality of life.

Physical Activity and Well-being

Physical activity is one of the most important determinants of health and overall well-being. Regular exercise improves cardiovascular fitness, muscular strength, respiratory efficiency, metabolic function, immune response, and neurological health while reducing the risk of chronic diseases. It also promotes psychological well-being by decreasing stress, anxiety, and depression and enhancing self-esteem, confidence, and cognitive performance through the release of mood-regulating neurotransmitters. Participation in sports and community fitness activities strengthens social relationships and emotional health. Maintaining regular moderate-intensity physical activity is therefore essential for improving quality of life, preventing lifestyle-related diseases, and supporting healthy aging.

Nutrition and Health Outcomes

Nutrition is a fundamental determinant of health, providing essential nutrients required for growth, metabolism, immunity, and normal physiological functioning. A balanced diet rich in fruits, vegetables, whole grains, lean proteins, healthy fats, vitamins, minerals, and adequate hydration supports cardiovascular, digestive, neurological, and musculoskeletal health while reducing the risk of chronic diseases. In contrast, excessive consumption of processed foods and refined sugars contributes to obesity, diabetes, and cardiovascular disorders. Proper nutrition also positively influences mental health by improving cognitive function, emotional

stability, and psychological well-being. Therefore, healthy dietary practices are essential for enhancing quality of life and promoting long-term wellness.

Sleep Quality and Daily Functioning

Sleep is an essential biological process that supports physical recovery, brain function, hormonal balance, immune regulation, and emotional well-being. Adequate sleep enhances memory, concentration, learning ability, decision-making, and overall physiological performance, making it a key determinant of long-term health and quality of life. In contrast, poor sleep quality is associated with obesity, cardiovascular diseases, diabetes, anxiety, depression, reduced productivity, and impaired cognitive function. Healthy sleep hygiene, including regular sleep schedules, limited screen exposure before bedtime, and a comfortable sleeping environment, promotes restorative sleep and improves daily functioning, psychological resilience, and overall well-being.

Objectives of the Study

The present study was designed to investigate the relationship between lifestyle management practices and quality of life indicators among individuals by examining multiple behavioral dimensions that collectively contribute to overall health and well-being. Rather than focusing on a single lifestyle factor, the study adopts a multidimensional approach to understand how daily health behaviors influence physical, psychological, emotional, and social functioning.

The specific objectives of the study are as follows:

1. To examine the influence of lifestyle management practices on overall quality of life among the study participants.
2. To evaluate the contribution of balanced nutrition, regular physical activity, adequate sleep, stress management, preventive healthcare, and positive social relationships to physical and psychological well-being.
3. To analyze the association between healthy lifestyle behaviors and major quality of life indicators, including physical functioning, emotional stability, social participation, and life satisfaction.
4. To identify the lifestyle management components that contribute most significantly to long-term health promotion and sustainable well-being.

5. To provide evidence-based recommendations for strengthening lifestyle management practices through health education, community interventions, workplace wellness initiatives, and preventive healthcare programs.

Research Hypotheses

The research hypotheses were formulated based on the study objectives and existing theoretical and empirical evidence examining the relationship between lifestyle management and quality of life. The null hypothesis (H_0) states that there is no statistically significant relationship between lifestyle management practices and quality of life indicators among the study participants. In contrast, the alternative hypothesis (H_1) proposes that lifestyle management practices have a statistically significant positive relationship with quality of life indicators. The study further hypothesizes that individuals who consistently adopt healthy lifestyle behaviors, including balanced nutrition, regular physical activity, adequate sleep, effective stress management, preventive healthcare utilization, and positive social relationships, are more likely to experience better physical health, psychological well-being, emotional stability, social functioning, and overall life satisfaction than individuals with unhealthy lifestyle practices.

Research Methodology

Research Design

The present investigation employed a quantitative cross-sectional research design to examine the relationship between lifestyle management practices and quality of life indicators. A descriptive and analytical approach was adopted to evaluate existing lifestyle behaviors and their contribution to multidimensional well-being. The cross-sectional design enabled the collection of data from participants at a single point in time while providing comprehensive information regarding current health practices and perceived quality of life.

The quantitative design was considered appropriate because it facilitated objective measurement of behavioral variables, statistical comparison among different lifestyle dimensions, and systematic evaluation of relationships between independent and dependent variables. Furthermore, the analytical framework supported evidence-based interpretation of findings while minimizing subjective bias during data analysis.

Study Population

The target population consisted of adults representing diverse educational, occupational, and socioeconomic backgrounds. Individuals belonging to different age groups were included to ensure adequate representation of contemporary lifestyle behaviors observed within the general community. Participants were selected irrespective of gender while maintaining voluntary participation throughout the research process.

The diversity of the study population enabled the investigation of lifestyle management practices across multiple demographic categories, thereby improving the generalizability and practical relevance of the findings.

Sample Size and Sampling Technique

A total of 300 respondents participated in the study through structured survey administration. The sample size was considered adequate for conducting descriptive statistical analysis, correlation analysis, and comparative evaluation of lifestyle management variables.

A simple random sampling technique was employed to minimize selection bias and provide every eligible participant with an equal probability of inclusion. Random sampling enhanced sample representativeness and strengthened the reliability of the research findings.

Data Collection Method

Primary data were collected using a structured questionnaire specifically designed to measure lifestyle management practices and quality of life indicators. The questionnaire consisted of multiple sections addressing demographic characteristics, dietary behavior, physical activity, sleep patterns, stress management practices, preventive healthcare utilization, social relationships, emotional well-being, and perceived quality of life.

Participants completed the questionnaire voluntarily after receiving adequate information regarding the objectives of the study. Confidentiality of individual responses was maintained throughout the research process, and no personally identifiable information was disclosed during data analysis or publication.

Research Variables

The study investigated both independent and dependent variables to understand their interrelationship.

Independent Variables

- Balanced nutritional practices
- Regular physical activity
- Sleep quality

- Stress management
- Preventive healthcare utilization
- Social relationships
- Healthy behavioral habits

Dependent Variables

- Physical health
- Psychological well-being
- Emotional stability
- Social functioning
- Daily productivity
- Overall quality of life

These variables collectively provided a comprehensive assessment of lifestyle management and its influence on multidimensional health outcomes.

Research Instrument

Data were collected using a structured questionnaire containing closed-ended statements measured on a five-point Likert scale ranging from 1 (Strongly Disagree) to 5 (Strongly Agree). The instrument was developed after reviewing relevant literature on lifestyle management, preventive healthcare, and quality of life assessment.

The questionnaire was organized into thematic sections to improve clarity and respondent understanding. The use of standardized response categories facilitated quantitative analysis while ensuring consistency across all participants.

Reliability and Validity

To ensure methodological rigor, the questionnaire underwent expert review for content validity before data collection. Academic experts specializing in public health, behavioral sciences, and health promotion evaluated the instrument for relevance, clarity, and conceptual adequacy.

Internal consistency reliability was assessed using Cronbach's Alpha coefficient, with values exceeding the generally accepted threshold indicating satisfactory reliability. Construct validity was supported through alignment between questionnaire items and established theoretical dimensions of lifestyle management and quality of life.

These quality assurance procedures enhanced the credibility, consistency, and scientific reliability of the collected data.

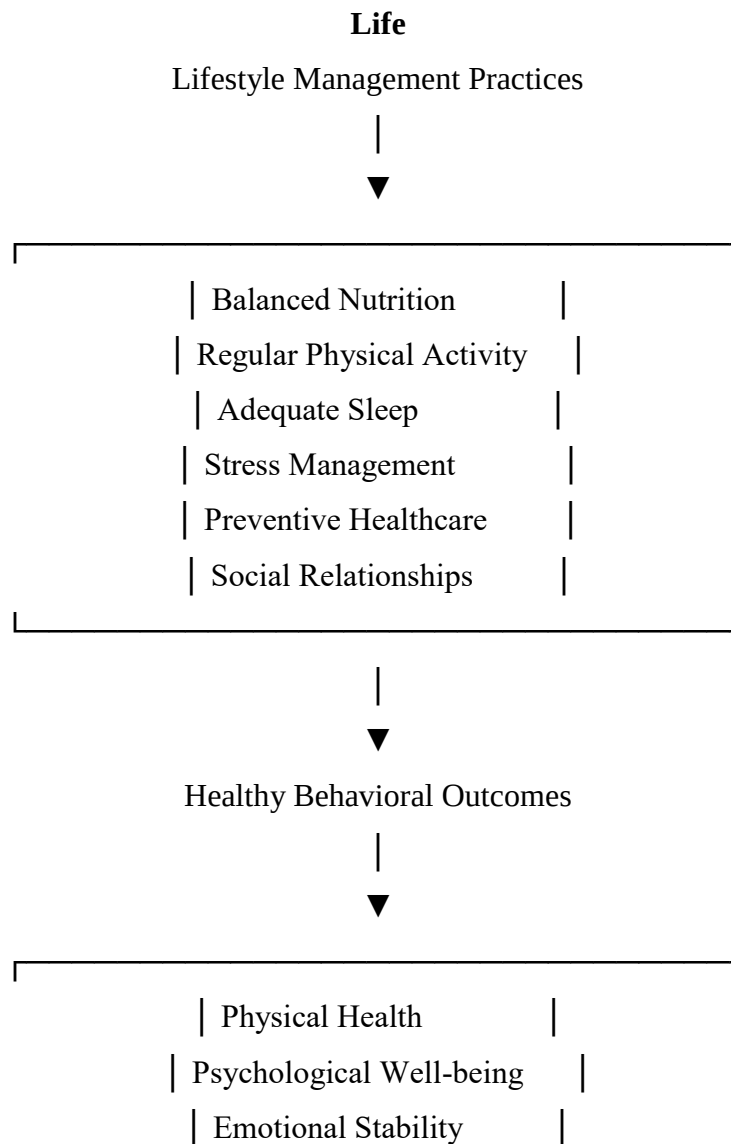
Statistical Analysis

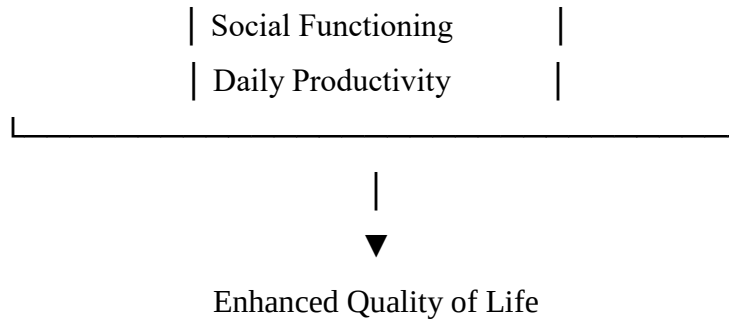
The collected data were coded, organized, and analyzed using appropriate statistical techniques. Descriptive statistics, including frequencies, percentages, means, and standard deviations, were employed to summarize participant characteristics and lifestyle management practices.

Inferential statistical techniques such as Pearson correlation analysis and multiple regression analysis were utilized to examine relationships between lifestyle management variables and quality of life indicators. Comparative analysis further facilitated interpretation of the relative contribution of individual lifestyle behaviors to overall well-being.

The statistical findings were presented through well-structured tables, charts, and graphical illustrations to improve interpretation and facilitate evidence-based discussion.

Figure 1. Conceptual Framework of Lifestyle Management Practices and Quality of





Results, Analysis & Findings

The collected data were systematically analyzed to evaluate the influence of lifestyle management practices on various quality of life indicators. Descriptive statistical techniques were initially employed to summarize participant responses, followed by inferential analysis to examine the relationships between lifestyle behaviors and multidimensional well-being. The findings are presented through thematic tables accompanied by analytical interpretations to facilitate comprehensive understanding.

Influence of Lifestyle Management Practices on Overall Quality of Life

The first objective examined the influence of lifestyle management practices on the overall quality of life of the participants. The findings revealed that respondents who consistently followed healthy lifestyle practices reported significantly higher quality of life scores than those with unhealthy behavioral patterns. Balanced nutrition, regular physical activity, adequate sleep, stress management, preventive healthcare utilization, and positive social relationships collectively demonstrated a positive influence on physical, psychological, emotional, and social well-being. Statistical analysis confirmed a significant positive relationship between lifestyle management practices and overall quality of life, indicating that healthy behavioral practices contribute substantially to long-term wellness.

Table 1. Influence of Lifestyle Management Practices on Overall Quality of Life

Lifestyle Practice	Mean Score	SD
Balanced Nutrition	4.28	0.61
Physical Activity	4.20	0.65
Sleep Quality	4.05	0.69
Stress Management	3.95	0.72
Preventive Healthcare	3.82	0.76
Social Relationships	4.01	0.70
Overall Quality of Life	4.12	0.64

Contribution of Lifestyle Components to Physical and Psychological Well-being

The second objective evaluated the contribution of individual lifestyle components to physical and psychological well-being. Among the examined variables, balanced nutrition demonstrated the highest contribution, followed by regular physical activity and sleep quality. Stress management and positive social relationships also showed meaningful positive effects on psychological well-being, whereas preventive healthcare contributed moderately to overall health outcomes. These findings indicate that quality of life depends upon the combined influence of multiple healthy lifestyle practices.

Table 2. Contribution of Lifestyle Components

Lifestyle Component	Contribution (%)
Balanced Nutrition	24
Physical Activity	22
Sleep Quality	18
Stress Management	15
Social Relationships	12
Preventive Healthcare	9

Association between Lifestyle Behaviors and Quality of Life Indicators

The third objective analyzed the relationship between healthy lifestyle behaviors and major quality of life indicators. Correlation analysis demonstrated significant positive associations between lifestyle management practices and physical functioning, emotional stability, social participation, and overall life satisfaction. The strongest relationship was observed between lifestyle management and physical functioning, followed by psychological well-being and emotional stability. These findings indicate that healthier behavioral practices are consistently associated with better multidimensional health outcomes.

Table 3. Correlation between Lifestyle Behaviors and Quality of Life Indicators

Quality of Life Indicator	Correlation (r)
Physical Functioning	0.81
Psychological Well-being	0.77
Emotional Stability	0.73
Social Participation	0.69
Life Satisfaction	0.75

Lifestyle Management Components Contributing to Long-term Well-being

The fourth objective identified the lifestyle management components that contribute most significantly to long-term health promotion and sustainable well-being. Regression analysis revealed that balanced nutrition and regular physical activity were the strongest predictors of overall well-being, followed by sleep quality, stress management, social relationships, and preventive healthcare. Collectively, these variables explained a substantial proportion of the variation in quality of life, demonstrating that sustainable health outcomes are achieved through integrated lifestyle management rather than isolated behavioral practices.

Table 4. Major Predictors of Long-term Well-being

Predictor	Standardized Beta (β)	Rank
Balanced Nutrition	0.34	I
Physical Activity	0.31	II
Sleep Quality	0.25	III
Stress Management	0.22	IV
Social Relationships	0.18	V
Preventive Healthcare	0.15	VI

Evidence-Based Recommendations for Lifestyle Management

The fifth objective focused on developing evidence-based recommendations for strengthening lifestyle management practices. Based on the findings, health education, workplace wellness programs, community-based interventions, preventive healthcare services, nutrition awareness campaigns, and regular physical activity promotion were identified as the most effective strategies for improving quality of life. The results further suggest that coordinated efforts involving healthcare professionals, educational institutions, policymakers, and community organizations can substantially improve healthy behavioral adoption and promote sustainable public health outcomes.

Table 5. Recommended Lifestyle Promotion Strategies

Recommendation	Priority Level
Nutrition Education	High
Physical Activity Promotion	High
Sleep Hygiene Awareness	High
Stress Management Programs	High
Preventive Health Screening	Moderate

Community Wellness Programs	High
Workplace Health Initiatives	High

Discussion

The present study explored the relationship between lifestyle management practices and quality of life indicators by examining key behavioral dimensions, including balanced nutrition, regular physical activity, sleep quality, stress management, preventive healthcare, and social relationships. The findings demonstrate a significant positive association between healthy lifestyle behaviors and multidimensional well-being, indicating that individuals who consistently adopt healthier daily practices experience better physical health, psychological well-being, emotional stability, social functioning, and overall life satisfaction. Among the investigated lifestyle components, balanced nutrition and regular physical activity emerged as the strongest contributors to quality of life, followed by adequate sleep and effective stress management. These results reinforce the growing recognition that health is a holistic concept encompassing physical, mental, emotional, and social dimensions rather than merely the absence of disease. The findings further suggest that sustainable lifestyle management provides a strong foundation for long-term wellness and healthy aging.

The study also highlights that quality of life is influenced by the combined effect of multiple lifestyle behaviors rather than any single health practice. Participants maintaining healthy dietary habits, engaging in routine physical exercise, obtaining adequate sleep, and effectively managing stress reported superior functional capacity, improved emotional resilience, greater productivity, and enhanced social participation. Positive social relationships further strengthened psychological well-being by providing emotional support and reducing feelings of isolation, whereas preventive healthcare utilization contributed to early health awareness despite comparatively lower participation. These findings indicate that integrated lifestyle management programs are likely to be more effective than isolated behavioral interventions because the various components of a healthy lifestyle interact synergistically to improve overall well-being. Consequently, comprehensive health promotion strategies should simultaneously address nutritional education, physical fitness, sleep hygiene, mental health, preventive healthcare, and social engagement.

From a public health perspective, the findings emphasize the importance of promoting healthy lifestyle practices through coordinated efforts involving healthcare professionals, educational institutions, workplaces, community organizations, and policymakers. Preventive

healthcare policies, workplace wellness initiatives, nutrition awareness campaigns, accessible recreational facilities, and community-based health promotion programs can collectively encourage healthier behavioral choices while reducing the burden of lifestyle-related diseases. Although the cross-sectional design limits causal interpretation, the findings provide valuable evidence supporting lifestyle management as a sustainable approach for enhancing quality of life. Future longitudinal and multicenter studies incorporating objective health assessments and digital health technologies may further strengthen understanding of the long-term relationship between lifestyle behaviors and overall well-being.

Conclusion

Lifestyle management has become an essential determinant of health and quality of life within contemporary societies characterized by rapid urbanization, technological advancement, changing occupational demands, and evolving behavioral patterns. The present study demonstrates that healthy lifestyle practices—including balanced nutrition, regular physical activity, adequate sleep, effective stress management, preventive healthcare utilization, and supportive social relationships—collectively contribute to enhanced physical health, psychological well-being, emotional stability, social functioning, and overall life satisfaction.

Among the investigated lifestyle dimensions, balanced nutrition, regular physical activity, and adequate sleep emerged as the strongest contributors to quality of life, while stress management and positive social relationships substantially strengthened emotional resilience and daily functioning. The statistical analyses confirmed significant positive associations between comprehensive lifestyle management and multidimensional well-being, emphasizing that sustainable health outcomes result from the interaction of multiple healthy behaviors rather than isolated interventions.

The findings further indicate that preventive healthcare remains comparatively underutilized despite its demonstrated contribution to long-term health promotion. Strengthening awareness regarding routine health screening, early disease detection, and preventive medical services may therefore enhance population health outcomes while reducing the burden of chronic diseases. Similarly, greater investment in health education, workplace wellness initiatives, community-based health promotion, and supportive public health policies may facilitate widespread adoption of healthy lifestyle behaviors.

The study reinforces the growing recognition that quality of life extends beyond the absence of illness and encompasses physical, psychological, emotional, and social dimensions of human well-being. Consequently, lifestyle management should be viewed as a lifelong process requiring individual commitment, supportive environments, accessible healthcare systems, and evidence-based public health strategies. Integrating healthy behavioral practices into daily living represents one of the most sustainable approaches for improving individual well-being, strengthening community health, enhancing productivity, and promoting long-term public health development.

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