

《“5125”新理念，乐享健康生活》

导读:怎样的生活才是健康生活？国家卫生计生委给健康生活设了一个密码：5125，但是万万没想到，第一个5，竟然代表每天发呆5分钟。



China's top health authority has publicized new guidelines to help people maintain a healthy lifestyle. The guidelines, named "5125," contain a series of healthy tips, including daydreaming for five minutes every day, and exercising each day for one hour.

[illegible]

Citizens can do this, the guidelines suggests, by mastering a sport or joining a social group for athletics. It also suggests that citizens eat a diverse diet; in accordance with China's dietary guidelines, people should consume 12 types of food every day, and 25 types in a week.

[illegible]

Work stress, irritability, overeating, decreased attention spans and insomnia are all common health problems in society today. At the launching ceremony, Wu Tao, an emotions management expert, said that living with long-term emotional distress has many health risks, such as cardiovascular disease, gastrointestinal disease and even cancer. If not effectively handled, these stressors can have a huge impact on one's family life, work and social life.

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To this end, Wu suggested learning to understand and analyze one's own emotional state, and practicing skills to effectively manage emotions. This way, with one's emotions in check, it's possible to convert pressure and other seemingly negative feelings into motivation.

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