

**25th International Conference on
HUMAN METABOLIC HEALTH- DIABETES, OBESITY & METABOLISM
&
2nd World Congress on
NUTRITION AND OBESITY PREVENTION
March 21-22, 2019 Dubai, UAE**

Well-being is truly a matter of choice

Archana Arora
NU Foods, UAE

Way of life is central to human wellbeing, from what we eat, how much we move, what we think, what chemicals we are exposed to, how we deal with our emotions and the quality of sleep and the list goes on. Epigenetics (a change in our genetic activity without changing our genetic code) shows that genetics is only 30% of the health equation, with lifestyle choices being 70%. But do we realize it is the wrong lifestyle choices we make, that prepare our body for disease and lead to death. Self-analyzation, willingness to change, continuous wellness journey with trustworthy professional, self-efficacy evolution (people's belief that they have the ability to perform particular behaviors) and perseverance can be the most obvious drivers of significant health evolution in your life. With practice, we can enhance our wellbeing and achieve a state of balance and contentment. Lifestyle choices that we make are the basis of our well-being and enhanced quality of life.

Biography

Archana Arora is a Registered Dietitian and has been practicing for more than 20 years in the fitness, healthcare, wellness and catering industries. She has completed her Masters in Food and Nutrition in 1995 followed by an internship at the All India Institute of Medical Sciences, New Delhi. Currently, she is working as a Senior Dietitian and Health Coach at NU Foods, Dubai.

archana.a@nufoods.ae

Notes: