

Healthy Bulletin Launches Campaign to Promote Health Decisions for Better Aging

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Healthy Bulletin, a pro healthy lifestyle website, is launching a campaign to educate people about making lifestyle decisions, choosing health diet plans and exercises which impact the future. The campaign will mostly target online users to reach a bigger audience.

"We want to remind people that active and healthy aging starts straight at an early age. Healthy aging is all about making informed choices on what we eat, the hobbies we make and the health treatments we look out for," said Mary Alladyce, at the launch of the campaign.

"In short, our campaign will act more like a reminder to people who may have gotten reluctant in watching their lifestyle decisions. We want to motivate them to get back into living healthy. We also want to encourage such people that they can have a healthy, disease free future if only the decisions they make right now will be appropriate," Mary added.

The campaign also hopes to touch on consumer behaviors, and teaching them what it means to stick to only health habits. In recent years, health campaigns also have forewarned against premature aging as a result of drugs and alcohol abuse. In one recent campaign, volunteers were engaged in counseling sessions that discussed cigarette smoking cessation and how it affected those who continued smoking.

Mary Alladyce, one of the sponsor for the campaign who also promote Garcinia Cambogia notes that "the campaign will be supported by articles and tutorials about obesity which has become prominent in the absence of right lifestyle habit." She notes that people who make "smart eating choice" tended to live longer, healthy lives compared to people who didn't.

"Understanding the obesity cause is a great step towards making efforts to secure a healthy life in the future. If junk food eater for instance understand the alternatives they have, they'll probably live long enough to enjoy all the fruits of their hard work," Mary said.

On asking why pro-healthy aging organizations have been running their campaigns throughout last 2 months, one of the volunteers said "Most people are usually still energetic about their New Year's resolutions and most of the resolutions lean towards adopting better lifestyle habits." Apart from this, a rise in the case of lifestyle related diseases in the past few years forced concerned organizations to run health campaigns.

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