



# TOP 10

healthiest countries  
in the world



## No. 10 France

**Life Expectancy:** 81.56 (2013 EST.)

**Why it's Healthy:** The diet in France has long been regarded as a model for health. Although it is indulgent, the French are notorious for small portions and well-balanced meals. Like people in other countries in Europe, French people walk a lot, so as a whole, they lead less sedentary lives. Research suggests that eating mindfully – or with complete attention to your food and your body's hunger and fullness cues – can help to prevent Type 2 diabetes, keep you slim and reduce overeating.

## No. 9 Italy

**Life Expectancy:** 81.95 (2013 EST.)

**Why it's Healthy:** Italian's eat a Mediterranean diet that is rich in Olive Oil (Omega 3s) and fish. The Italians are active like most European countries and also drink moderate amounts of red wine, which research has shown is good for the heart (one glass a day).



Italy is known for its generally very good health system, considering the fact that it has the world's 6th highest life expectancy in 2015 (according to World Health Organization), low infant mortality, relatively healthy cuisine and diet, and healthcare system that is ranked 2nd according to World Health Organization and which has the third best medical performance worldwide.



## No. 8 Australia

**Life Expectancy:** 81.98 (2013 EST.)

**Why it's Healthy:** Because Australia is in the middle of the ocean, importing a food can get expensive. This is why Australians use a lot of natural foods found within their country. In addition, Australians put a lot of emphasis on sports as part of their culture. Most Australians surf, swim, play rugby, hike, or bike. Harder, faster, stronger – such terms may well be the mottos of gyms across America, where high-intensity programming dominates. But in Australia, wellness goes for strength, cardiovascular health and flexibility to include coordination. Australians understand that being healthy is more than just pushing yourself into an overload.

## No.7 Switzerland

**Life Expectancy:** 82.28 (2013 EST.)

**Why it's Healthy:** Swiss people are in such great shape because they climb mountains just to get to their front door! Also they enjoy sports in the winter. The mountains serve as a playground for the Swiss in the summer for hiking. Unlike American ski areas that has been turned into ghost towns, Swiss people take full advantage and literally live in the mountains.





## No.6 Andorra

**Life Expectancy:** 82.58 (2013 EST.)

**Why it's Healthy:** Nestled in the mountains in between France and Spain, Andorra has the best of both countries, from the Mediterranean diet to the physical activities associated with being the mountains- skiing in the winter and hiking in the summer. The diet in Andorra is based on consumption of meat, garden vegetables, and some fish. The most common winter dish, in rural and urban zones, is Escudella, a soup of veal, chicken, potatoes, and vegetables.

## No.5 Greece

**Life Expectancy:** 82.98 (2013 EST.)

**Why it's Healthy:** The Greek people eat a balanced Mediterranean diet of olive oil and fish. In addition, they are active on the water and on the varied terrains of the country. Remember that the Olympics started in Greece, so being active is part of their ancient culture. Greek populations are known to consume healthy foods such as fruits, vegetables, fish, olive oil and nuts. Greek foods are generally low in saturated fats and seldom based on red meat.





## No. 4 Spain

**Life Expectancy:** 83.12 (2013 EST.)

Why it's Healthy: The Spanish food stable is small portions of a varieties of foods called Tapas- which means that portion control is a way of life. Spanish cuisine emphasizing raw ingredients from the region's rugged landscape. Small plates with high quality ingredients are common, as is seafood and vegetables. In addition to this, they take part in a daily ritual of "siesta", a two hour nap mid-day which not only lowers stress levels but also ensure that they are getting enough rest.



## No. 3 Singapore

**Life Expectancy:** 84.07 (2013 EST.)

**Why it's Healthy:** Singapore has a fine system of keeping the environment healthy and clean. By imposing rules and regulations, the hygiene of Singaporeans is the best in the world. Secondly, most Singaporeans know that good health means wealth. They comply to rules, keep the place as clean as possible. The government is known to promoting clean and healthy environment by education, volunteering, and rules.





## No.2 Japan

**Life Expectancy:** 84.19 (2013 EST.)

**Why it's Healthy:** Put simply: the Japanese eat very well. They eat fish versus red meat, eat less dairy, butter, and milk, eat seaweed that is high in iodine, drink a lot of green tea, eat plenty of vegetables, and consume small portions. In Japan, you don't have to wait for a spa day or a breakup to treat yourself with a warm bath. There, the habit is as regular as brushing your teeth. Japanese take a bath almost every day. As a result, their metabolism, muscles and stress levels improve significantly. One study even showed that balneotherapy – or bathing in hot water, – treats anxiety better than a prescription medication.

# No. 1 Monaco

**Life Expectancy:** 89.63 (2013 EST.)

**Why it's Healthy:** Because most of the population of Monaco is very wealthy, they typically have their own chef to plan healthy meals for them. Because most of them are retired they have reduced levels of stress. We know that an **anxiety** is a cause of hypertension and contributes to all sorts of disease, from gastritis of the stomach due to too much acid production to neurological diseases.

