

Health and Fitness Nutrition

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8 Ways To General Health And Fitness

It never fails but as soon as I wrote all my Weight Loss, Weight Gain, Fitness and Nutrition type of tips I had a few left over that couldn't really be placed into these categories.

But as you will see they are right on the money for your general health and fitness and can be used in your everyday activities.

Lets take a peek:

What Is A Healthy Diet - A healthy diet satisfies two criteria: It contains enough fibre and a number of micronutrients including vitamins and minerals to maintain a healthy body. It is balanced in forms of fat, protein, and carbohydrates and micronutrients.

Don't Train With The Flu - This is one of the biggest exercise blunders you can make A number of temperature raising viruses, including the flu can affect the muscles.

People often forget that the heart is also a muscle and can be weakened by the flu virus. Normally our hearts can cope with the strain of this, but exercising on top of an already weakened heart is potentially fatal. After a bout of the flu, you should wait at least 48 hours before exercising again.

Cool Down - When you do a strenuous workout the blood vessels in your muscles dilate to deliver more blood for the muscles to operate. The skin vessels also dilate to increase the heat loss from your body, which is why you get flushed after exercise.

If you don't give your blood and skin vessels enough time to recover, and jump straight under hot water your skin vessels will dilate even further. Then your heart goes into overdrive trying to pump blood throughout the body.

Ultimately you might notice symptoms like faintness, dizziness or at worst, you could even collapse.

Don't Eat Before Exercising - Always try to eat two or three hours before your exercise and not after that. If you do eat before exercise you can develop what is known as "dumping syndrome" where the blood supply that normally goes to your muscles during exercise is diverted to your gut.

This means that you're not getting enough blood to your muscles, which can cause you to become lethargic and faint.

Try to Give Up Smoking - the best and easiest way to give up smoking is to replace it with another habit. Unfortunately, quitting has been associated with weight gain if you replace your cigarette habit with a candy or snack food habit.

So replace the smoking with the habit of exercise!! Nothing tough or painful at first and build up to it. A five minute walk instead of a cigarette and aim to build it up slowly and easily.

Before, you will be fitter, you will be healthier and your body will be more you realize tight and toned.

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You will feel better in the morning, your breath will be worth being near again and fingernails, hair and skin will take on a much younger fresher look!! Of the people who die from lung cancer, 95% of them smoke.

Protein Power - Carbohydrates supply the sort of calories easily burned during cardiovascular exercise, but protein plays an important part in building muscle mass - or rather in not storing food as fat. "This is largely because the bulk of protein that is eaten will be used to build muscle".

Further the average male will lose 500gms of muscle - not fat - every year once he stops regular exercise. While older men and women are usually touted as the beneficiaries of strength training so to are the young.

Planned Exercise - I suggest you start with 100 minutes per week of mildly puffing exercise be it 2x50 mins, 3x35 mins, 4x25 mins, 5x20 mins all of which produce the same results.

Mix up your aerobic activities in the gym; use the treadmill, bike, climber or any other training gear available to you.

Keep A Training Log - Keep a training log for all your fitness requirements, keeping account of the reps you are using, how many sets, what weights you are using and also the date, time and where the workout took place is imperative for gauging your day to day progress.

Also recording all cardio- vascular activities is just as important.

In conclusion, these general health and fitness might have been left to last but the are still right up there as far as your health and fitness is concerned.

About the Author: Gary Matthews is the author of the popular fitness eBooks Maximum Weight Loss and Maximum Weight Gain. Please visit <http://www.maximumfitness.com> right now for your 'free' weight loss or muscle building e-courses.

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Exercising The Liver: An Excellent Guide To Health & Fitness

It is a tough job for the liver to keep the cleaning function of the body always in smooth operation especially with the present-day unhealthy eating and drinking habits of people. And, like any other machines, it encounters malfunctioning that needs immediate troubleshooting. But unlike other machines that need only oiling to run again, the liver has to be looked upon very carefully or the entire system will suffer if it does not function very well.

In youth, you might not notice the effects of malfunctioning liver. But when you reach middle and advanced age, you will discover that a lot of sicknesses are being caused by a malfunctioning liver. The symptoms of a damaged liver are: dull aching pain in the right side of the stomach area - often under the shoulder blade, terrible pain at the nape, rough tongue, unpleasant taste in the mouth in the morning and the appearance of yellowish color in the whites of the eyes. Other than those, a person with a troubled liver would also frequently feel loss of appetite, dizziness and drowsiness after meals.

With these indications of ailments, the person is often irritated and weak which could affect his entire outlook in life. And this could lead to fast deterioration of the body. Growing old would then become a burden.

But you can do something to prevent that misfortune from happening to you. Aging doesn't have to bring about all sorts of diseases. It is not a reason that because you are getting old, you are expected to feel all kinds of sickness. There are times when you regret why you never heeded the advice to you before and why you never paid enough attention to your health when you were younger. Instead of dwelling on those regrets, why don't you try doing something to alleviate that condition? No matter at what age you will decide to do so, it is never too late. Sanford Bennett, a phenomenal celebrity for bodily rejuvenation thru natural methods, has proven so.

In his campaign for total health rejuvenation, Sanford Bennett devised a program of exercise for the liver to keep it in a fine condition. The liver, being a gland, would respond well when exercised. And an exercise involving tension of the abdominal muscles will benefit the liver along with some massaging techniques. But of course, before doing the exercise, one must be familiar with the position and the structure of his own liver.

* First Exercise

There are three exercises Sanford Bennett described for the liver. Feel the location of your liver with the fingers of both hands as you lie on your back. Press the fingers upward past the ribs. The liver can be easily moved and tensed because the abdominal muscles are in relaxed state. Create pressing movements under and upwards. Do this twenty times and increasing daily until you reach 100 or until your condition permits.

This tensing exercise is comparable to the effect you get when you ride a horse. This is an exercise frequently prescribed by physicians when the liver is not in good condition.

* Second Exercise

Lie on your right side and place your left hand over the area of your liver. Position yourself with the head slightly inclined forward and with the knees bent. This will relax the abdominal muscles and place the liver forward. With your knuckle of the thumb or the pad of a finger, press well under the ribs and massage the liver.

* Third Exercise (Percussion)

Light thumping of the liver will also help in the healthy activity of the liver. Lie on your left side which inclines the liver forward and the muscles relaxed. With your right fist, strike lightly but rapidly on the

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area. Begin with twenty strikes and increase daily up to how many your condition permits.

When the liver is properly taken care of, the whole body system is guaranteed to be in a good condition. And when you pay equal attention to all the parts of your body, there is no need to worry about your health failing. Take care of your body.

About the Author

The writer, Ismael D. Tabije, is the editor of the e-book, "The Man Who Grew Younger: Secrets to Fitness and Beauty for the Middle Aged and Beyond", which can be accessed at

<http://www.growyounger.e-mart4all.com>. The book has complete descriptions and illustrations showing unique but proven effective exercises.

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Goal Setting in Fitness & Nutrition

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A goal is the result or achievement toward which effort is directed. Without setting goals in exercise or nutrition, there is far less value and purposeful direction; and they need to be measurable and realistic. For example, a thin teenager weighing 120 pounds wishing to weight 220-pounds of muscle is both specific and measurable. However, he cannot hope to achieve such a physique, especially not soon and probably not without growth-enhancing drugs. Therefore, in this instance, the goal to gain 100 pounds of muscle is specific, it is measurable, but it is unrealistic.

Non-measurable goals, such as "I want to lose fat and get lean," will never be realized since the term "lean" is subjective with no objective measurement. What is lean to one person may not be lean to another... or perhaps it is "too lean". Once the individual obtains a supposed state of leanness, will that person know that he has achieved that goal or will his perception of what he thinks is "lean" change because of higher standards and greater expectations? On the other hand, if a trainee indicated that he wants to reduce body fat to a level of ten percent, then he has a measurable goal – one that can be quantified.

Next, to achieve goals better, trainees must provide a measurement and do so in the smallest amount necessary and within reason relative to past accomplishments. Don't aim for something greater than you could ever have achieved in the past. Moreover, the more distant the goal, and the smaller the increments, the more likely the success of obtaining the goal. But it should be noted that a goal must require some degree of effort and challenge. If the goal is too small or easy to obtain, there is little incentive or sense of accomplishment or pride.

Goals can be measured in terms of outcome and performance. An outcome goal refers to that which a person is aiming to achieve, such as lifting five pounds more in the bench press next workout or a far greater weight over the course of several months. There is little flexibility in this type of goal – either it is achieved or it is not. Performance goals refer to the process through which a person achieves those goals, including both the short- and long-term. Performance goals are much more flexible, and allows a person to reorganize a strategy from day to day in order to meet the outcome goal(s). Performance goals are associated with less anxiety, since there is flexibility and, as a result, should be emphasized in an exercise and nutrition program. It can be upsetting not to achieve an outcome goal, but if all the steps leading up to the outcome were done to the best of your ability, it is easy to maintain motivation in preparing for the next outcome goal.

When determining a long-term goal, a strategy of immediate, short-term goals (performance goals) must be considered. For example, if you desire a ten-pound increase on the best bench press, how will you get there? This is accomplished by creating a workout schedule, a long-term plan of

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increasing "x" pounds/ounces to the bar each workout until you achieve the extra ten pounds. The plan may need to be reevaluated then re-designed – particularly if you fail to increase the weight by "x" pounds/ounces during one of the workouts, and falling short in the end. It could be further stated that creating a goal strategy in exercise is very similar to a marketing or business plan in that goals may be established, but they may also need reformulating on a regular basis to reflect current facts of finance, the economy, sales, customer satisfaction, etc.

GOAL SETTING PRINCIPLES AND STRATEGY

Set Specific Goals. The goal must be measurable, such as "bench press 275 pounds" by a certain date rather than "increase the bench press" and without a concrete date in mind.

Set Difficult and Realistic Goals. The goal must be within reach, yet challenging in order to increase mental arousal and motivation. Easy goals will not be motivating, yet goals that are nearly impossible will hinder motivation for future workouts. Goals must reflect your genetic ability accurately; as strength and size increases, the ability to match past goals will diminish.

Establish Short-term Goals. Each main goal must consist of sub-goals or short-term goals. Before a person can increase chest measurement by an inch, or bench-press an additional 50 pounds, he must progress in smaller amounts. Being able to see patterns in those amounts (your results over a particular period of time), or lack thereof, provides valuable data and feedback in your ability to achieve long-term goals during a specific time frame. Not being able to achieve short-term goals provides further information as to what is not working and the need for a new plan of short-term goals in order to achieve the long-term goal.

Develop Goal-Achievement Strategies. A trainee cannot achieve short- or long-term goals without knowing how he or she eventually will get there. In order to lose an inch off the waist, you must first lose a quarter-inch, then a half-inch, etc., and each step requires a certain amount of exercise and a proper eating plan. These aspects determine your daily or immediate goals.

Create Backup Plans of Action. What happens if a short-term goal is not reached? If something goes wrong, is it probable that the long-term goal will be reached? It will be difficult to get back on track if a backup plan of action is not established to correct any minor setbacks. If the goal is to lose a quarter-inch off the waist during the first month, and the trainee only lost one-eighth inch, the chances of losing a quarter-inch during the next phase of the strategy is highly unlikely (unless exercise is increased and eating is decreased). It will be necessary to rethink the strategy and decide what must be done in order to get back on track. But rather than waiting for the possibility of failure, strategize ahead of time and anticipate failure or what could go wrong.

Individual Personality Considerations. Prior to establishing goals, personality must be considered. Is the person a high-achiever or a low-achiever? Does the person have the commitment and can he or she maintain that commitment? Can the person sustain the motivation to reach a difficult goal that may be a year away while paying attention to diet and intense exercise during that time on a daily/weekly basis? Does the person have the maturity and intellect to work through any problems leading to each goal? How does the individual accept failure – as a learning experience or another "nail in the coffin" of defeat?

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Provide for Goal Evaluation. At the end of each short- and long-term goal, evaluate performance, dedication, motivation, and well you did to achieve (or surpass) your goals. From this information it will be easier to establish future goals, and to make goals easier or more challenging, by learning from mistakes, failures, and successes. Also, evaluate the backup plans of action and if any of those steps needed to be implemented, your problem-solving skills, what went right, what went wrong, and any factors that were not considered.

Provide Goal Support. Share goals with others, such as a loved one, friends, a mentor, or associates on the Internet. Telling people about what you intend to achieve increases support and keeps you on the path to prove your ability rather than experiencing humiliation or embarrassment from backing down when the going gets tough. Regular updates on a long-term goal, and how each short-term goal is proceeding will keep you in check and sustain motivation.

About the Author

Brian D. Johnston is the Director of Education and President of the I.A.R.T. fitness certification and education institute. He has written over 12 books and is a contributing author to the Merck Medical Manual. An international lecturer, Mr. Johnston wears many hats in the fitness and health industries, and can be reached at info@ExerciseCertification.com. Visit his site at www.ExerciseCertification.com for more free articles.

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Health And Fitness - How To Get Great Body Shape-Stay Fit And Healthy

Most people know that having health and fitness is important. Many try to stay fit and healthy to get a great body shape. The question is do people know the benefits of being fit and healthy or how to get that great body shape they yearned so much for?

Unfortunately not, otherwise there will not be such high dropout rates in gyms all over the world and people getting fatter and fatter.

- Benefits of good health and fitness :-

- 1) Day to day chores are so much easier – Because you are fit, you will not tire that easily and chores such as gardening, carrying stuff , bending over or climbing up to pick up things will be so much easier.
 - 2) Enjoy life better – Since daily chores are no longer chores, you are able to do more things and faster. Savor your productivity and efficiency.
 - 3) Save money and live longer – Save money on your medical expenses from diseases that strike unhealthy and obese people. Your risk of high blood pressure, heart attacks, stroke and some form of cancers, all of which are deadly is reduced significantly when you stay fit and are in great health.
 - 4) Your posture and confidence improve – Because you are stronger, your strong muscles hold up your skeletal structure will. This improves your body posture and your confidence will soar.
 - 5) Look great in your clothes – You will carry your clothes well because you are no longer flabby or skinny with your clothes either too tight or too loose.
 - 6) Attractive hunk – Gone will be the days when your body shape was the butt of jokes. Instead, people will ogle and admire your new attractive body. A body that many people will die for.
- There are many more benefits for having great health and fitness. Too many to mention in just one article. So we shall go on to discuss how to be in great body shape, fit and healthy.

- How to be in great body shape-stay fit and healthy

Just three things.

- 1) Healthy eating habits and healthy lifestyle – You are what you eat. So if you eat unhealthy food, you will be unhealthy. Thus avoid saturated and trans fat. Eat less sugary stuff and sodium. Avoid alcohol and quit smoking. Drink plenty of water and remember what your mum used to say, “Take your vitamins.”
 - 2) Do cardio exercises – It toughens up your heart and lungs. Cardio exercises are great for your respiratory and cardiovascular system. Best of all, it burns tons of calories.
 - 3) Lift weights – Build muscles for a toned and defined body. With muscles come strength and with more strength you will be able to do many more things than just having a sexy muscular body.
- So you can see, it is not that difficult to be fit and healthy. Having a great body shape along the way is indeed a bonus. So have you written out a plan for your health and fitness goals?

About The Author

Chris Chew is a personal trainer of actors, pageant winners, models and other celebrities. Check out his celeb training websites <http://www.sgfitness.com> and <http://www.sgfitnessonline.com>.

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Is Anti-Aging Just About Skin Care? How To Defy Age Through Health And Fitness

We the baby boomers, that is those aged about 40 and above make up about one quarter of the world's population and are growing older rapidly. Considering that most of these baby boomers have already established their careers, have accumulated savings with disposable income, having grown up or fast growing up children and would probably owned their own homes, what do they want next? A secret antidote to stop the aging process would be nice isn't it?

Business owners are quick to capitalize on this rich and growing market dreaming up multitudes of anti aging products and services to cater to the baby boomers. The fear of growing old and the loss of youth and vitality are so real that these industries are doing businesses in the tune of billions of dollars every year. Products like slimming pills, health care, skincare and look good products are so highly in demand that you see these companies pitching their products in multi million advertising campaigns. Some of these products do work very well but most don't.

Of all the products and services catering to the baby boomers, skin care anti aging products seems to be spearheading the charge and raking in immense profit. Consumers persuaded by advertisements of skin care companies promising face lift without surgery, wrinkles vanishing creams and a host of other variations are snapping up these products real quick. Men are also not spared from the marketing onslaught and lines of men's skincare products are now plentiful too.

Do you know what can be the best anti aging weapon against the effects of aging? Nope, it is not the skincare products that you can buy off the shelves. It is looking after your own health and fitness.

Do you remember the good old days when you are able to play robust games, climb trees, cycle long distances and enjoying them? Are you able to do these things with gusto these days? If not, why not? That is because your health and fitness is slowly and surely deteriorating as you age. We are putting on body fat faster because our metabolism is slowing down. From the age of about 25, our body starts to produce less and less growth hormones leading to deterioration of body tissues and the process to replace and repair tissue cells is being comprised more and more as we age. That is why we recover slower from diseases, muscles are getting smaller and weaker, bones are getting brittle and wrinkles start forming. In other words, we are slowly dying. So how do we defy age?

To defy these aging effects, we have got to keep ourselves fit and healthy. By improving our fitness and health levels, we are able to slow down and defy the aging process. We protect muscle and bone loss by lifting weights. With cardio exercises, we strengthen our hearts and lungs and improve our immunity keeping deadly age related diseases and obesity at bay. We will regain some the energy and vitality of our youthful days making daily chores so much easier to handle. Best of all, exercises reduces stress, improve your posture and adds a healthy glow to your skin. And you know what? It is free.

So isn't improving your health and fitness is the best antidote to the aging process? I know because I refuse to let age defy me. So with good healthy eating habits a regular dose of exercise, I am able

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to play competitive soccer with people half my age, enjoy mountain tracking and scuba diving now and then. That to me is a much more fulfilling and enjoyable life than having jars of anti aging pills and skincare creams sitting on my shelf and burning a gaping hole in my pocket. Having good health and an excellent fitness level is your best weapon to defy age and keep the aging process at bay.

About the author:

Chris Chew is a fitness personal trainer of fashion models, actors and male pageant titleholders. His websites Male Pageant Winners and Personal Trainer courses

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Nutrition – What Are The Nutritional Needs?

Nutrition as it applies to our daily lives means that we take in what we need to maintain our body's healthy state. Nutrition has become an important word thanks to the involvement of the USDA in our daily food requirements, and the FDA's involvement in determining what is and is not dangerous for us to consume.

But what is our responsibility in the nutrition game? Do we understand what our nutritional requirements are, how to fulfill those requirements, and how to look for real nutritional value in our foods?

I'm not sure that nutrition has been successfully addressed in its own right. We hear nutrition in relation to our vitamin intake, our fortified cereals and milk, and in the context that we need "nutritional value" from our food choices. But what really is nutrition when applied to our daily bodily functions?

Today, we must determine how much nourishment we need, how much physical exercise we need, and how best to accomplish those ends. Calorie needs, nutritional needs, physical needs, and education about those needs now is information we should all understand, at least as it applies to our individual self.

If you will visit your local doctor, library, or fitness center, there is massive amounts of information available to help educate and to help you make good health choices, no matter what the age group.

Nutrition refers to the nurturing of our body, in our ability to keep it healthy and functioning as it is supposed to do. Our ability to provide the body with all it's necessary food, vitamins, and minerals so that we continue to thrive in our daily life processes.

If you were to take a cross section of the population, and check for adequate levels of the most used and fortified vitamins and minerals, you would probably find that as high as 80% or the population is lacking in a least one of the vitamins and minerals.

Now, that doesn't sound too bad, until you stop to think, what if it's calcium? A calcium deficiency brings on osteoporosis, a deteriorating of the bone. This disease alone costs millions in medical expense to the population.

Can you see how a little more cooperation and open-minded participation on the part of our medical field could result in far fewer health problems? It would also have provided the general population with a viable way to discern their nutrition, vitamin and mineral needs, accurately.

So how do we determine that we are providing the essential nutritional needs? That knowledge comes by educating ourselves about what our individual needs are, the needs of our family, and then taking that knowledge and applying it to the foods we buy, that we prepare, and that our families consume.

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Quite often, our vitamin and mineral needs outweigh our caloric needs. In those instances, we turn to manufactured vitamins and minerals to fill the gap. This is a part of our nutritional needs, also.

Nutrition is one of the most complex areas to gain useful knowledge about, because there are so many components, and because each person has their own individual needs.

Women needs differ from those of men, and older women's needs differ from those of a young girl. As we age, our needs constantly change; therefore continual education about nutrition is a fact of life. The nutritional needs of a cardiac patient are different than those of a healthy, middle-aged hiker.

Can you see the complexity of the situation now? What we really need is to develop a scale that determines the nutritional needs of our bodies on a cellular level, so that as we age, as our physical condition changes, or our health changes, we can recalculate our needs, based on cellular changes and content in our body.

Individuality is the key to understanding each person's nutritional needs, and then working to educate us is the key to fulfilling those nutritional needs. Good nutrition should be the ultimate goal of every person alive.

About the Author: Nishanth Reddy, is an author and publisher of many health related websites. For more information on how to be fit and healthy visit his website at

<http://www.fitness-wellness-guide.com>

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Protein sources in healthy nutrition

Are you wondering about how to optimize your protein intake?

There are many factors that come into play when choosing sources for protein. Certain proteins are not absorbed well by the body, while other types of protein bring a high fat content with them into the body. Here's a list of a few of the protein sources in healthy nutrition that can help your body big-time:

Meats:

Poultry: Containing, on average, 26 grams of protein per serving while only having 12 grams of fat, poultry is one of the best foods you can eat for protein. Weighing in at around 140 calories per serving, chicken is a wonderful food to help keep your health up.

Beef:

Slightly less healthy for you than chicken, lean beef contains about 25 grams of protein with 20 grams of fat. At 275 calories, beef comes in as a close second for high protein levels. These levels are merely estimates at protein sources in health nutrition plans. Meat levels can vary between the cuts of the meat and the quality. Also, protein sources in healthy nutrition can come in supplemental forms. Here is some information about them:

Whey Protein:

One of the best sources of protein available, whey protein comes from milk. It is very digestible, but may cause diarrhea due to the high lactose content. You can also obtain Soy Protein, another great source.

Why do you need protein?

Protein is one of the building blocks of your body. Amino acids found in protein are crucial for growth, tissue repair, and tissue replacement. Without enough protein, your body will not be able to create the new things it needs!

It is recommended that on a daily basis, you eat about 0.75 grams of protein per kilogram of body weight. It can be the key to kick-starting your health.

About the author:

You can find more nutrition guides for improved health at [Nutritional supplement guides](#)

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Health and Fitness Nutrition

What Exactly Is Good Nutrition?

Secretly we all want just a few things in life, none the least of which is to live a life that is healthy and energetic. One way to accomplish this is to eat a well balanced diet that fuels the body to take on life's challenges.

Did you know that one of the best things you can do to improve your overall health and well being is to eat a diet that is well rounded and nutritious?

Diet can make the difference between feeling great and feeling just o.k. But how do you know which foods will propel you to health and well being?

Proper nutrition is easy. In fact, all you need to do to ensure your health and well being is follow five simple steps, outlined below.

Top Five Tips for Maintaining Optimal Nutrition

- Eat a well balanced diet. This means you have to incorporate foods from each of the four food groups.
- Adopt the phrase moderation. At no time should you consider some foods 'bad' and other foods 'good'. Rather, all foods can be nourishing if they are eaten in moderation. Chocolate cake will not make you fat if you don't eat it every day for dinner!
- Take a multi-vitamin. Even the healthiest dieter may not get all of the vitamins and nutrients they need from diet alone. Why? Our bodies aren't always able to absorb nutrients efficiently from the foods we eat. Thus it is important to take a multi-vitamin and mineral supplement daily.
- Get enough sleep. Sleep deprivation can wreak havoc on your diet, and even contribute to weight gain.
- Exercise daily. Even 10 minutes of routine exercise can help your body maintain its peak fitness level.

Excessive consumption of alcohol can also wreak havoc on your diet. Alcohol inhibits the body's ability to absorb vital nutrients, such as calcium. In addition, alcohol in the evening can interfere with your sleep cycle.

Other things you can do to improve you nutrition include incorporating lean proteins and fish into your diet. Fatty fishes including salmon provide key nutrients called "essential fatty acids" which help your brains abilityto function properly.

Nutrition is a choice. For you to be the healthiest person you can be, it is vital that you make choices that are good for you and your well being. Adopting just a couple of the strategies above will help you tremendously on your journey toward optimal health.

ABOUT THE AUTHOR

Health and Fitness Nutrition

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Why have healthy nutrition?

While many people know that there are benefits to having a good nutritional plan, few regard it as being very important. Many people wonder, why have healthy nutrition?

In a world where fast food is quicker, simpler, and sometimes better tasting, its easy to get tempted by what the corporations have to offer us. Gone are the days of eating every meal at home. Regarding this, we need to keep a more watchful eye over our nutrition intake to make sure our body can be in the best working order.

Why have healthy nutrition? The benefits are many. The human body needs various nutrients and minerals to keep it functioning in tip-top shape, and the only way this can be accomplished is by maintaining a healthy diet including vitamins and minerals. These nutrients are necessary to the body for many different reasons; they are crucial for obtaining energy, helping your body grow, and repairing worn out tissues. If your diet lacks certain necessary vitamins, your health may suffer. Therefore, the primary benefits of healthy nutrition are mainly that it keeps your health up.

A sound nutritional schedule is recommended by doctors when a patient is inflicted with any of a number of diseases. Keeping your nutrition up when afflicted with such diseases as cancer or aids can be key to your survival. These are just a few of the benefits of a healthy nutrition. In addition, keeping fit by exercising while maintaining a healthy nutritional plan can result in higher levels of energy, higher self esteem and a generally better feeling of well-being.

As you can see, there are many answers to the question “Why have healthy nutrition”, and all of them point to a better way of life. While the temptations of fast foods and junk can be great, some simple will-power and restraint can help you achieve levels of health you didn’t even know were possible.

About the author:

John Gibb manages <http://www.nutritional-supplement-guides.com>

The site dedicated to nutrition.

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