

Ways to stay healthy nowadays

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Staying fit can be done by involving one's body in exercises. In the current way of living in which many people sit behind computers all day either for work or pleasure, being involved in exercises is important for the body. Depending on the objective of a person intending to start doing exercises, the amount of time and form of exercise varies. However, one hour of exercise is acceptable on a daily basis as a way of staying fit and healthy. The most popular ways to exercise include jogging, going to the gym, walking, and participating in sports which involve whole-body movement as opposed to board games and computer games (Dale 16). Exercises help the body maintain its flexibility, improve the immune system, slow aging, and helps one stay free from diseases such as heart attacks and diabetes. It is important to watch out what one eats or drinks in order to stay healthy. People should eat a balanced diet in order to give the body all the nutrients it needs (Elson 19). It is believed that eating healthy lowers health risks such as heart disease, obesity, diabetes, cancer, and hypertension. A healthy balanced diet involves eating primarily vitamins, carbohydrates, and proteins. Vitamins are found in vegetables and fruits. Carbohydrates are found in grains and potatoes among others. Whole grains are best for the purpose of fulfilling the caloric requirements of the body. Adequate water consumption is important in order to stay healthy. It is recommended that one should drink at least eight glasses of water on a daily basis (Walter 21). A healthy diet provides the energy needs of the body and supports human nutrition without the subjection to excessive or toxicity weight gain from consuming excessive amounts. Last but not least, it is important to undertaking regular checks even when

one feels that he or she is okay. This is important for the early detection of diseases and thus increases the chances of smooth treatment.