

# Knowledge and attitudes of a healthy lifestyle

[Health & Medicine](#), [Obesity](#)



Knowledge and Attitudes of A Healthy Lifestyle The components of a healthy lifestyle include many things. A few examples of these components are eating right, exercising regularly, and keeping your mind calm and content. Eating right means staying on a healthy diet. This does not mean that you cannot eat sweets or fatty foods, it just means that you should constantly keep in mind how a certain food will affect your body. One wants to always remain in control, do not gorge yourself and then skip a few meals to make up for it. Always keep things in proportion, such as maybe eating a light healthy breakfast and lunch and then allowing yourself a slightly heavier food for dinner or for snack. Remember, this does not mean that you must become a health-food nut it is simply a reminder that you should exercise some control over your food intake. Exercising regularly is another very important component to a healthy lifestyle. You should exercise a minimum of 3 days a week for a minimum of about 20 min. This does not mean that you have to impose a strict regiment of exercise into your daily schedule. An easy way to attain a nice amount of physical activity would be to begin going for power-walks or jogs with your pet or your neighborhood friends. It is also very good to stretch before you begin any kind of strenuous physical activity. Not only does it result in you being able to do more than you would without the stretching, it also enables you to gain more out of your workouts. One could also take up a sport such as tennis, soccer, volleyball, basketball, swim, or track. All of these and a multitude of others would greatly help you along on your path to a healthy lifestyle. If you are unsure of how to initiate yourself into one of these sports you could join a team at your local community center or simply organize a group of friends and play at your

neighborhood park. Remember: Just because it is a sport does not mean that you have to be on an official team to be allowed to play it. These sports help you maintain a healthy lifestyle because when many people are playing them they are having fun, and thus do not think of it as actually "working out". Sports also increases the amusement of exercising because you usually do them with a group of friends, which makes you not concentrate entirely on the exertion your body is going through.

One Week Fitness Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm-Up	15 jumping jacks,	15 push-ups, 15 sit-ups,	15 seconds each worth of calf stretches, hamstring stretches, and arm stretches	20 jumping jacks, 15 push-ups, 20 sit-ups, 20 seconds of each of the aforementioned stretches	25 jumping jacks, 20 push-ups, 25 sit-ups, 20 seconds of each of the aforementioned stretches
30 jumping jacks, 25 push-ups, 30 sit-ups, 20 seconds of each of the aforementioned stretches	35 jumping jacks, 25 push-ups, 35 sit-ups, 20 seconds of each of the aforementioned stretches	40 jumping jacks, 30 push-ups, 40 sit-ups, 20 seconds of each of the aforementioned stretches	Activity	Go jogging for 10 min., then power-walk for 10 min. and then jog for another 10 min. Play a sport today, such as baseball or soccer. If you are unable to get a team together do the same thing you did yesterday Do a kickboxing video. If you do not own one and cannot buy one, go to Hollywood Video and rent one. Go jogging for 15 min. then power-walk for 10 min. and the jog for another 15 min. Play another sport today, but today make it a different sport. If you are again unable to get a team together you should play one by yourself, such as hacky-sack. Go ahead and take a break. If you really feel into it do the stretches assigned to you and go for a light jog. Cool Down	

Repeat the stretches. Do a Relaxation Video Repeat the stretches. Do the Relaxation Video. When you are finished, go for a short walk. Do the Relaxation Video.