

Lead a normal life



**ASSIGN
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In some societies, it is increasingly common to try to achieve good health and fitness through physically demanding sports, special diets, or preventative medicine, congenital or alternative. Some people believe that the best way to stay fit and healthy is simply to lead a normal life. To what extent do you agree or disagree with this opinion?

In my opinion, I agree with the statement that the best way to stay healthy is simply to lead a normal life. There are a few reasons for my agreement to this motion which is based on foods consumption, daily workout, and medication. First of all, our food consumption plays a crucial role in determining our health as our body obtain energy and nutrients from our food intake. In my opinion, even without following a strict diet, we can still remain healthy by simply eating normally.

However, we should hold back from taking food which consists of sugar, salt or preservatives such as carbonated drinks, junk food and especially fast food. This is because consuming such food could lead to health problems like diabetes and obesity. It is also advisable to add some vegetables, fibers and fruits in our daily consumption as this can ensure that our body will obtain sufficient nutrients from the food.

In 2009, a study was done by the U. S. Centers for Disease Control (CDC) and it was discovered that injuries associated with participation in sports and recreational activities account for 21% of all traumatic brain injuries among children in the U. S. In my opinion, we can actually workout by carrying out simple and light activities in our daily routines. For example, use the stairs instead of the elevator. Then, try to walk towards your workplace rather than

by car, besides reducing air pollution, you can also improve your body fitness.

Next, I disagree that being dependent on medicine is actually healthy. This is because the chemicals in the medicines we take, in a way or another, will affect our body system. For instance, even though the pain reliever medicine only leads to sleepiness and weariness, it also restrains our body from functioning normally. Even the medication for dangerous diseases, such as cancer, has side effects like hair loss and weakening of body. So, this means that medicine consumption may help us to fight diseases but it does not guarantee that we will stay healthy. From my point of view, I believe that taking natural herbs is much better when curing minor injuries, like headache and small cuts, because it is more natural and does not consist of chemicals which could affect our health.

In conclusion, I strongly believe that leading a normal life is the best way to stay fit and healthy based on my given arguments in this essay.