

Stay healthy, drink water essay

[Business](#), [Strategy](#)



“ Health is like money, we never have a true idea of its value until we lose it. ” –Josh Billings (Edward). If you were a healthy baby when you came into this world, do you appreciate how astonishing your tiny body was? Do you cherish it and establish a healthy lifestyle to maintain your strong body? Stop shaking your heads and keep reading.

Developing an energetic healthy body requires meticulous caring and strong commitment by drinking water every day, stretching your legs often and having a sufficient amount of sleep time. Drink Water All the Time Staying hydrated is an essential step you have to take on the way to a vigorous body. Water makes up nearly 70%-80% of our body and without water; we would die in less than three days, according to Christa Miller (Miller). In addition, hydration can moderate body temperature; a few degrees higher or lower will cause significant damage to our vital organs. Xian Feng, my friend who goes to North Toronto C. I. , once got dehydrated after playing basketball and his face was brilliant red, just like a burning stove. “ I felt very dizzy and sick, couldn’t even walk properly.

” According to Xian Feng, he played too much basketball without providing any liquid to his body causing dehydration; consequently, he felt dizzy and hot. Obviously, hydration is critical for both you and me, want a healthy body? Drink water first. Get Up, and Take a Walk Moreover, getting up from your chair and walking around frequently is another healthy living strategy that can improve your body’s immune system and reduce the risk of illness. Nowadays, people spend most of their time sitting in the office, according to a study in The Guardian newspaper, a sedentary lifestyle “ links lots of ailments – from cancer to diabetes and more – to staying seated for any

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number of hours per day” (Popovich). Being immobile not only causes illness but also puts pressure on people’s backs. Gradually, your back muscles will eventually starts to degenerate, just like the fresh apple starting to rot. Trust me, that is the last thing you want to happen to you. Additionally, the article Fuel the Grind by Matt Caputo in the magazine Men’s Fitness also talked about the importance of walking around.

For instance: “ Getting up from your desk and walking around helps to break up monotonous work patterns and recharge your batteries” (Caputo 62, 5).

Why not take five minutes to walk around in your office in every? Let your back muscles have a coffee break after supporting you. It is comforting and satisfying for both you and your back. Quality Sleep = Quality Life

Furthermore, sleep quality is the judge who decides whether your body is healthy or not and we need to have enough sleep in order to face the next challenging day.

Quality sleep can reduce the risk of depression and injects energy into your body. However, I know is hard to mange your time to sleep early, but it is achievable if you have determination and strong commitment. You may also say that you can stay up late at night because there is enough time during the afternoon nap. This is absolutely wrong because “ the liver’s ‘ repair time’ starts at 11 p. m. and goes till 1 p.

m. ” (Horden) Your vital organs need to regenerate after a long day. For instance, if I don’t have enough sleep, my eyes would become swelling and my muscles would feel tired and sore. Then, insufficient sleep will drag my mark because I would most likely to sleep during the English Class. Clearly,

sleep quality is one of the most important aspects contributing to a healthy body. Overall, it takes commitment to develop a strong, active body because it requires a huge effort and a persistence to achieve a healthy living style.

You need to start with water, drinking consistently to stay hydrated. Then move your body in the classroom or office to let the blood circulate. Last, make sure your sleep quality is guaranteed everyday, by going to bed early and waking up early.

If you have the determination and perform these three strategies on regular basis, soon enough, your body will turn into a sponge that intensely absorbs nutrients. Most of the people's goal is to find a decent job in order to have a great future, but without a healthy body, how can they enjoy the happiness after the goal has been achieved?