

Diet and exercise

[Food & Diet](#)



Diet and Exercise Hanse Bidon COM/155 - University Composition and Communication I March 14, 2013 Cynthia Jones Diet and exercise Today, my physician informed me that I was significantly overweight and that my health was in jeopardy. Immediately, I started dieting which included fruits and vegetables while abstaining from starches and sodas. In the course of two weeks, I noticed that I dropped 20 pounds as a result of implementing this diet however I noticed sagging of the skin in certain areas. My weight loss halted and it appeared that I hit a weight plateau.

In an attempt to resolve these issues, I started an exercise regimen which included cardio and free weights. Shortly after, I began to see weight loss however my energy and endurance began to slowly dwindle. After consulting with my physician, she encouraged me to combine both diet and exercise, which resulted in me managing my weight, tightening my skin, and increasing my endurance and energy. This process has taught me that weight loss can be achieved by diet and exercise individually, however when the two are combined, it can result in weight loss and weight management.

There are advantages and disadvantages when using diet and exercise individually alone when trying to lose weight. These advantages and disadvantages individually can have adverse and favorable effects on your mental health, physical health and wellness. Dieting can be jarring for some people the idea of giving up certain foods to attain weight loss, can be very challenging. For so many people, Dieting is defined as the restraining of certain foods and practices that result in a desired state of mind and physical wellness.

This desired state of mind and physical wellness could result in advantages such as weight loss, reduction of chronic diseases, and improved self-esteem. Weight loss as it relates to the advantages of dieting reflects the shedding of unwanted, unhealthy weight which ultimately is how we previously saw ourselves. Once the weight has been shed, we begin to see ourselves through new eyes with confidence and self-worth, which boosts your self - esteem. Not only do you improve yourself image, you improve your health as well.

With weight loss, you reduce your chances of developing any chronic diseases such as high blood pressure, high cholesterol and some diseases that can be associated with heart disease. Although, some success can be achieved from dieting alone, it also has some disadvantages. Dieting alone for the sake of weight loss has some disadvantages such as fatigue and depression. One of the disadvantages of dieting alone is fatigue; this may occur when the body is trying to adjust to the change in eating habits and the lack of nutrients. You may experience dizziness and you're tired all the time.

These are symptoms of fatigue. A sudden change in eating habits because of a diagnosis can result in a person becoming depression, such as high blood pressure. In addition to dieting, exercise is another method that is used to lose and manage weight. Exercise, just like dieting has significant advantages if deployed correctly. Some of these advantages involve physical and mental advantages. The physical advantages as it relates to exercises include weight loss, lower blood pressure, and the reduction of severe

diseases such as diabetes, and life threatening cancers such as prostate and colon cancers.

Another advantage to consistent exercise is the mental advantages; the act of exercising consistently releases a chemical in your body known as endorphins, which ultimately are responsible for stress and anxiety reduction. The endorphins in your body which are released when you exercise allow you to sleep comfortably at night and also work to increase your self-esteem allowing you to feel better about yourself and the progress you're making. However, over working your muscles can result in more harm than good.

Unfortunately, there are noticeable disadvantages that come with exercise or the lack of proper exercise. These disadvantages come in the forms of improper training or preparation for exercise and the heightened possibility of injury because of lack of preparation. Over Utilizing the use your muscles can cause soreness because of microscopic tears in the muscle tissue. This process is normal however not implementing the right form or cardiovascular training can result in an inevitable state of injury, which can be a direct reflection of an improper training regimen.

Overtraining can result in a number of issues such as insufficient amount of sleep, a compromised immune system, energy deficiency, and muscle and joint pain. While separately, exercise and diet provide various advantages and disadvantages, the two when implemented together provided various benefits. These benefits consist of healthier cardiovascular system, stronger bones, and effective weight loss. Any form of walking, swimming, jogging while implementing a low fat diet is a good way to maintain a good cardiovascular system.

Another benefit of diet and exercise is the prevention of osteoporosis by incorporating foods rich in vitamin D, calcium such as fish, cheese, yogurt, low fat milk and with strength training. In addition maximum weight loss and management, reduction of the risk of chronic diseases and an improvement in mental health can be achieved when diet and exercise are implemented effectively. As I learned from my own struggles with weight loss, there are no quick fixes.

Dieting without exercise will ultimately result in very little weight loss. The disadvantages that exist when you choose to lose weight by dieting only should be considered before eliminating exercise from your weight loss plan. Exercise without dieting will result in some weight loss as well and will help to improve your health, however, the disadvantages of just exercising should be considered before excluding dieting from your weight loss plan.

Combine both diet and exercise will allow you to achieve maximum weight loss, weight management, and improve health, can contribute to your mental health in a positive manner, and increased strength in bones. Although there are many diet ads that suggest quick ways to lose weight such as shaking a substance on your food to curb your appetite, drinking shakes, eating cookies, some plans suggesting that you don't have to change the way you eat to lose weight, and some insisting that just taking a pill, and the weight will fall off. None will replace both exercise and a well balance diet