

OVERALL HEALTH



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Foreword

Engaging ourselves in physical activities is very important regardless of our age and status in life. This is because staying healthy doesn't need a requirement to be able to start. Exercising daily will help us improve our overall health and reduce the risk of any illness. There are few notable benefits if you engage in physical exercise. To name a few, here's the list.

1. It can increase the strength of both bones and muscles
2. It can reduce body mass, keeping it lean and healthy while eliminating body fat.
3. It improves mental health.
4. It can significantly reduce the feeling of anxiety, stress and depression.
5. It supports holistic approach to achieving overall health.

Overall Health

Chapter 1:

Introduction

Synopsis

Further added benefits can be gained if you engage in a more vigorous type of exercise routine. Studies show that people who exercise daily for longer periods of time, utilizing additional dynamic physical exercises, will likely have more health benefits compared to those who exercise less.

The Basics

For kids, it is best that they begin benefitting from physical exercise at a very young age so that as they develop to adolescent and adulthood they will sustain the value of physical exercise. Additionally, it is very important that they engage in physical activities as it can maintain a healthy body weight. Kids that don't exercise and don't have any other physical activities will likely become overweight. Also, too much of sedentary activities such as playing video games, watching TV programs, surfing the net and the like will increase the chance of becoming obese. Therefore, it is recommended to introduce physical exercise to kids as early as possible for them to stay away from unhealthy activities.

As a final note to achieving healthier bodies, it is critical that we chose the physical activity that best suits us. We need to understand that we have different body types and health conditions, and for that reason we need to know which physical activity can give us the utmost benefit. Talking to the experts will help us identify the right kind of exercises that we can perform daily.

On the other hand, in our effort to lose weight we sometimes skip our meals to speed up the weight losing process. However, by doing this we are sacrificing our health. We don't need to do that. We just need to understand that losing weight is just a matter of burning enough calories that we consumed through our activities. Thus, starting a good physical exercise can well take care of that.

Chapter 2:

The Basics On Physical Health

Synopsis

The act of reading this article demonstrates that you are ready to be physically healthy. However, the greatest challenge of staying fit is not the vigorous exercises or the preparation of a well-balanced food. It is the commitment that you have for yourself that makes all these things about staying fit become extremely difficult.

Create Good Physical Health

Most of us have the intention of staying healthy, but not all of us can sustain healthy living. This is the reason why a lot of self-help tools were made including this article as it can help you continue and eventually achieve your health goals.

To be able to carry on with this seemingly difficult task, it has to be perceived as something you do with no questions. We do these things because we believe that it is important and that we cannot live a day without doing it. The same concept applies when we decide to exercise every day. We need to have that mindset that exercising is the missing piece that will complete the process of staying physically fit and without it our other efforts will not suffice.

Learning the basics of physical health will help you understand what is it that you want to achieve and how it will benefit you. To begin with, there are four basic components of physical health.

1. Cardiovascular endurance - This can be taken care of with activities like swimming and running. Enhancing this component will improve the oxygen and nutrients supply in the body tissues and at the same time remove stored waste in the body.
2. Muscular strength - This can be improved with various weight lifting and stretching activities. Enhancing this component will help

you to have stronger muscles that can respond quickly with less effort.

3. Muscular endurance - This can be enhanced through daily pushups as it can effectively strengthen the arms and shoulder muscles. Enhancing this component will improve the ability of the muscles to withstand repetitive contractions.

4. Flexibility - This can be improved with regular stretching as it can enhance the tractability of your muscles. Enhancing this component will improve your body's capability of moving your joints as well as using your muscles in their full range.

Having these fundamentals in mind, it is best that your exercise program must include activities that can take care of the four components in order for you to achieve optimum results. As a general guide, make sure that you start your workout with a good warm up and end it with a calming cool down. Also, try not to overwork your body, avoid doing hard exercises consecutively for the whole week.

Chapter 3:

The Basics On Eating Right

Synopsis

Eating right means feeding your body with the right amount and types of food needed to survive each day. When you eat nutritional food you are letting your body absorb the energy that it needs to provide you with more stable energy and moods throughout the day.

Healthy Foods Healthy Life

As you live your daily life, you can plan out a diet that is healthy but also tasty. You don't need to starve yourself to be idealistically thin. You just need to eat right and exercise regularly to achieve a well-balanced healthy mind and body. The key is moderation.

In all cases, whether or not it is about health or career, strong decisions always play an important role. Once you decide and commit yourself to staying healthy and eating right you are bound to achieve it. The first step to do that is to have a successful mindset about what you are planning.

If you will believe that that you can achieve and maintain a well-balanced diet, it will happen. Just do it in small and gradual steps so that you will not feel that you are obligated to do it. When you are happy with what you are doing, things become easier and eventually it become part of your system.

The goal of healthy eating is for you to maintain a healthy diet that you can sustain for a lifetime. Therefore, after knowing which foods are best for your health, set a standard and food moderation. Remember, the goal is long term and not just achieving your ideal weight. Thus, make sure to set moderation in good balance of fat, carbohydrates, fiber, protein, vitamins and minerals for you to achieve a well-balanced and healthy body.

On the other hand, when you eat, take time to grind your food. It will not only let you savor the food, it will also improve digestion. Also, when you think that you have already consumed enough, stop eating! Normally it takes a few moments for your stomach to get a signal from your brain that you are already full.

Eating fruits and veggies in every meal will complete your healthy diet as they are rich in antioxidants, fiber, vitamins and minerals while giving you low calories in the body. In general, fruits and vegetables that are deeply colored have more concentrated vitamins and minerals that can give you more benefits. Consuming five slices is enough for a day.

Also, get enough healthy carbs and avoid unhealthy fats. Whole grains are the best source of healthy carbs that can give you lasting energy for the entire day. It is also rich in antioxidants and phytochemicals that can help you stay away from cancer, coronary heart disease and diabetes. On the other hand, eating healthy fats will help you nourish your cells, brain, heart, hair, nails and skin. Additionally, it can help you sustain a good mood and reduce the risk of cardiovascular diseases and also helps you avoid dementia.

Chapter 4:

The Basics On Exercise

Synopsis

Most of us know how important exercise is in our daily lives is. It is one of the backbones of our overall health. To add, physical exercise is proven effective in reducing stress as well as emotional setbacks. When you exercise on a regular basis you are more likely to stay healthier, happier and composed most of the time compared to those who rarely exercise.

Keep Fit

Despite the fact that we know how important exercise is, still we cannot find time to do it and stick to our exercise schedule on a regular basis. Why do we need to exercise anyway? What do we get out of it? Read on to understand more about the concept and benefits of exercise. Regular exercise has countless benefits, below are the most noted.

1. An effective way to lose weight while maintaining a healthy and lean body even as you age
2. Effective in maintaining bone mass
3. Lowers bad cholesterol, blood sugar and blood pressure
4. Effective in reducing stress and enhancing sleep
5. Maintains good cardiovascular health, energy, flexibility and a good physical image.

The above mentioned are the most known benefits of exercise. Many people are under the impression that when they are doing their regular activities such as gardening, sweeping, washing the car, cleaning the dishes and the like, they are already exercising and expect to get the same benefits of structured exercise. This is not the case!

Unfortunately, your daily activities are different from structured exercise, where you can expect great results. Your daily activities

will just help you burn some calories and stay active. Thus, if you want optimum results, you should do both on a regular basis.

To get a good start, see your doctor and ask for advice as you might have some limitations when you exercise. In most cases however, exercises are safe to perform. Limitations only apply to people who are suffering from chronic diseases, heart problems, arthritis, bone problems, high blood pressure, respiratory problems and the like.

Once you have done the initial steps, find out which exercise best suits you and make it a routine. Do not strain yourself. Do it gradually but regularly. Make sure that you enjoy what you are doing, because if you don't you will eventually lose interest in doing it. You may try changing your routine and try other fitness exercises as long as you can benefit from it. This should be done to reduce boredom in the long run.

Chapter 5:

The Basics On Mental Disorders

Synopsis

A mental disorder is defined as a condition that affects how a person feels, thinks and behave with or without the influence of other people around them. The person who is suffering from a mental disorder might show some mild to severe signs of mental disability, depending on the person's condition. Most of the sufferers finds it hard to cope with even the simplest routines and demands from work and home.

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