A DOSE OF EXERCISE, VITAMINS AND HAPPINESS

by:
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How does one maintain a healthy and fit body? Before, people especially women, are simply skinny like the models we used to see in magazines. Those skin and bones make a model fit on a wardrobe they are modeling.

In the fast moving pace of people who are always busy in their work they don’t have time to cook or prepare healthy meals. Most people buy processed food or dine out in a resto or eat out in a fast food. That is the reason why people don’t grow old like those people in the ancient times. Eating a junk food is like eating garbage. That is why they are considered bad food.

Early people in the Pre-Historic times learned how to cook. They actually hunted for survival. They ate fresh fruits and vegetables, and they satisfied themselves by drinking water.

Too much sugar and carbs can harm our body, that is why we need to have a proper balance in terms of diet. What is actually the meaning of diet? Well, it doesn’t necessarily mean losing weight. It also means gaining weight. Some people have problems losing their weight. Some reasons are genetic or simply put, means it runs in the family. Another reason is because of metabolism. If you move a lot you lose more energy from your body especially if the food you eat doesn’t give you enough energy you need on a daily basis. People like to do things easily, instead of using the escalator. Climbing up the stairs can boost metabolism. Instead of riding a vehicle, riding a bike is also good for the cardiovascular system. In terms of gaining weight, stress eating is one of the reasons why most people nowadays gain so much weight.
We can eat anything we want as long as we give time for our stomach to digest the food we eat.

Some indulge in an exercise by going to the gym in a regular basis. Zumba is one of the most in-demand types of workout, which everyone enjoyed. An exercise like Zumba might be enjoyable but like any other workout exercises, there are also some precautions. There is Zumba exercise for beginners. Our body should be prepared like automobiles. It won’t run if you don’t warm it up.

In addition, there is the moderate Zumba for those who have already started and the advance Zumba if you are a professional. A person may injure himself or herself if he or she does not prepare or start with the basic. As we grow older our bones become brittle. Our body becomes weak. It is good to take extra precaution and don’t make movements that can strain our muscles. People are also into different food supplements to stay healthy and fit. From traditional herbs that our grandparents prepare to cure sickness and diseases. There are tablets, syrup and capsules that are formulated to lessen the burden of preparing medicines from different herbs. Because of many diseases that we cannot avoid, many people are looking for the best food supplement that can make them stay strong and healthy.

Aside from keeping a healthy diet and exercise, there is another dose that we need to take to stay healthy. It is what we call Happiness. How does one person maintain this if one faces a lot of troublesome problems, issues and burdens everyday? Simple just be happy not only for yourself but for others as well. If we brought happiness to other people like at home and at work, if we could motivate them to do their work enjoyable.

Work can be stressful to everyone and taking a dose of exercise as early as you woke up can prepare our body. Eating right and planning our diet is a great help too. A dose of happiness by being positive can bring good thoughts and healthy mind.
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