HEALTHY BODY; SOUND MIND

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Gone are the days that we come across old people who we can truly refer to as elders. It is such a rare chance to meet centennial people, or even those aging from 80 and above. The human lifespan becomes shorter and shorter as time goes by. This is the sad truth happening now.

Nowadays, we even hear young ones suffering from diabetes, hypertension and even rheumatoid arthritis, or rheumatism despite their young age. Not a single solid reason can be pinpointed as to the cause; instead a lot of factors are said to be contributing to this.

Diet, Exercise, Lifestyle, Economic Status and Genes are some of these factors. They say that a sound mind is significant to have a sound body. And it could be the other way around. Diet, plays a very significant role in an individual's well-being especially his or her physical condition.

A lot of studies now show that the percentage of the effects of diet/dieting is a lot higher as opposed to the percentage of effects of exercises. They even say that "we are what we eat". Having a well-balanced diet is very essential as this will help our body to be well nourished and eventually develop a lean, strong and healthy physique.

A person possessing a healthy body will have a sound mind, which can then be used in critical thinking, especially in decision-making. A well-and correctly-fed human will surely result to a productive and functional individual.
Most especially now that we are still in this pandemic, not only do we need to stay physically strong and healthy, but it is very important that we have a healthy mind too. For us to stay focused and away from anxiety and depressive thoughts.

Listed are some of the basic things we need to do in order to achieve a healthy body and sound mind.

First, listen to your body. Learn to understand what it’s trying to tell you by keen observation. A diet favorable to Maria may not be favorable to you.

Example: Others benefit most in a fat-free, fruits and vegetable diet, while others favored low to no-carb diet.

Second, create your own exercise routine, do some stretching, take a few steps of walking and even some dancing.

And lastly, make these plans, do them and have the will to keep them going.

References: