

Why do you need a healthy diet and exercise?

There are many reasons why you need a healthy diet and exercise. These things help you maintain strong bones, good muscle tone and flexible joints. Even your mind benefits! Some people say you will stay smarter for longer by exercising and eating a healthy diet.

Do you want to be fit, healthy and mentally active? Then be physically active. Your physical activity needs to include exercise that makes your heart work harder. Of course, walking, swimming and other physical activity are not enough by themselves. You also need to eat healthy food to maintain your energy levels.

Without exercise, muscles shrink and get flabby. Because flabby muscles are not strong, they tire easily. Muscles keep your gut from sagging and your lungs working. Muscles make heat that keeps you warm. If you leap, bend or reach, this is a result of a muscle action. Who wants weak and tired muscles when they are responsible for your body's every move?

Did you know?

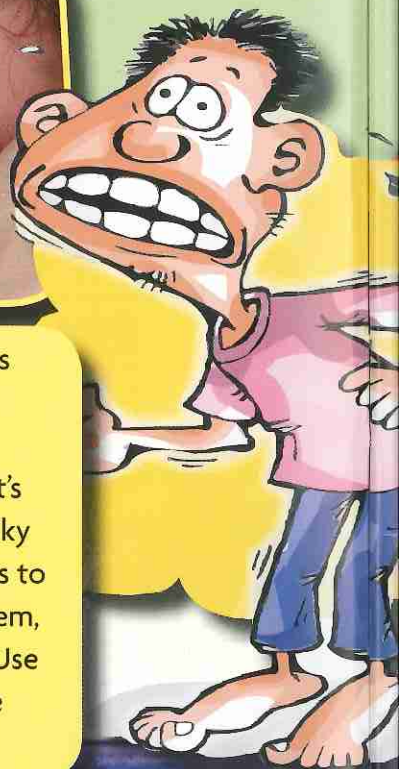
With all the entertainment of computers, television and electronic games, it is easy to forget to exercise. There are also many labour-saving devices to help us do our work. In today's world, you need to exercise more than ever. Without regular exercise, you use less than 10% of your muscles every day. People who spend long periods in front of the television or the computer use even less!

There are many reasons why you need a healthy diet and exercise.

Active lifestyles promote healthy, happy minds. Physically active people who eat a healthy diet learn more effectively. They also sleep and feel better.



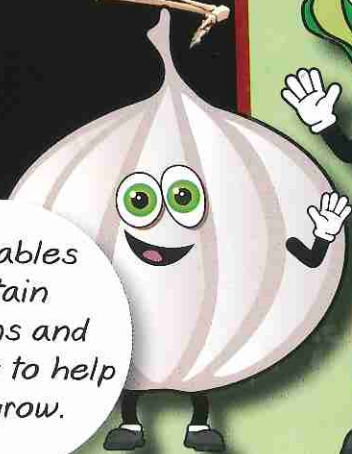
The more you use your muscles and joints, the better they will work for you. Have you ever opened an old, unused door? It's hard to move and makes squeaky noises. The same thing happens to your joints! If you don't use them, they will get stiff and painful. Use them often and they will move very easily.



Good food and regular exercise keep bones strong. Strong bones are harder to break.

Exercise helps with balance and coordination.

Exercise helps to calm your body and mind.

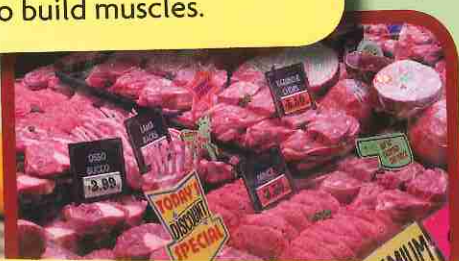


Vegetables contain vitamins and minerals to help you grow.

Fruits also contain Vitamin C, which helps your body fight illness.

Meat, chicken, fish and legumes are sources of protein. Protein helps to build muscles.

Dairy foods contain calcium. Calcium helps develop strong bones and teeth.



Junk food

Junk food is a quick, easy meal or snack option. But it's best not to eat these foods too often because they contain a lot of fat, salt and preservatives. Many also contain a lot of sugar. Save them for an occasional treat. Too much junk food will make you fat and unhealthy. Sweets, with all the sugar they contain, are also bad for your teeth.

Did you know a tomato is a fruit?

