

EXERCISE, FOOD & SLEEP

‘Fitness’ is “A general state of good health, usually as a result of exercise and nutrition.”

To attain desired levels of fitness, you must have three crucial elements as part of your lifestyle. These three elements work hand in hand. You cannot achieve fitness levels with just one or two of these three elements– EXERCISE, FOOD and SLEEP.

You may have the best food plan and sufficient exercise, but without sufficient sleep, your body will not have time to recover or carry out important hormonal functions related to weight loss, hair, skin and other important functions.

You may have the best food plan and sleep, but without exercise your bones will get weaker, your cardiovascular and lung health will deteriorate and your fat percentage may increase. You will feel tired and lethargic even though you may have slept sufficiently.

Without a balanced food plan, you will maintain an unhealthy weight; the health of your hair, skin and internal body organs will deteriorate.

That is why all of these three elements are required for attaining fitness levels and great health.

Using natural foods, making small lifestyle changes and treating your body with respect is all it takes to live a healthy and happy life.

In today’s changing world and environment, it is important that the human race understands that a lifestyle change is equally important.