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# Foreword

Everyone knows that [good health](#) is something to be treasured and respected, but few make a conscious habit to pay attention to their health until the red flag appears which in most cases signifies really poor health conditions. Get fit with the info here.



## ***Fitness Fundamentals***

The Basics of Staying Healthy

# Chapter 1:

## *Being Healthy Basics*

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### Synopsis

When the ill health conditions become apparent, people generally scramble to try and correct it however sadly more often than not these conditions are irreversible.



## **The Basics**

Keeping a [healthy diet and lifestyle](#) from a very young age does benefit, mostly due to the fact that the percentage of ill health is kept to the minimum. In the quest for wellness the lifestyle and diets are given special consideration where self decisions play an important role in ensuring its success.

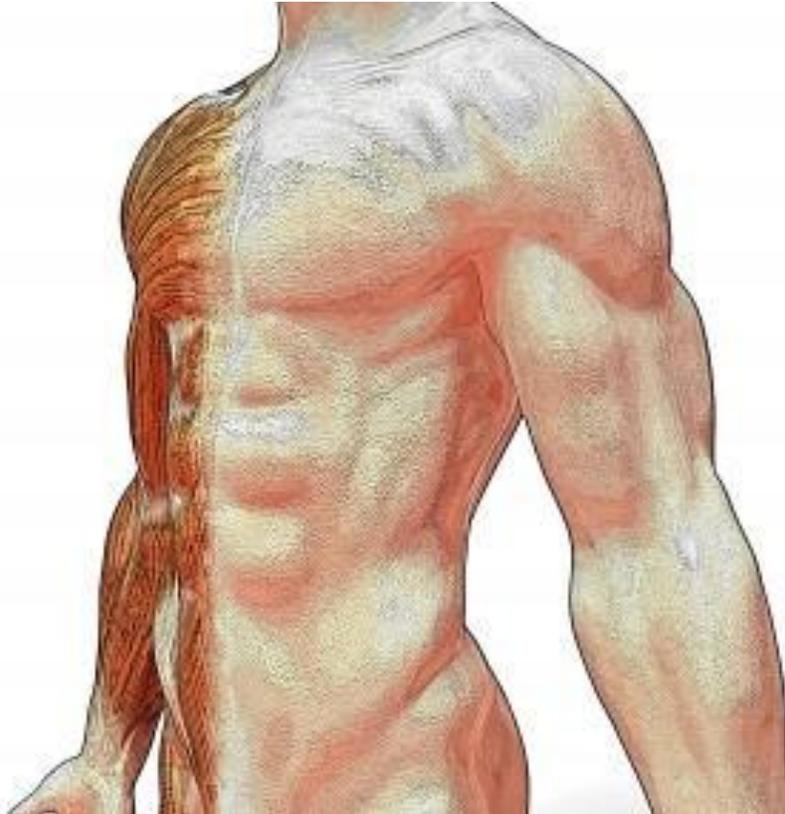
This does not mean that one is forbidden from occasionally enjoying things that may be considered poor choices but instead it emphasizes the discipline required to keeps these “treats” to a minimum and under control.

In doing so the risk of contracting chronic diseases, experiencing injuries, and generally getting sick is greatly controlled and avoided. Enjoying a good quality of life throughout the life span becomes very possible.

Thus there is a serious need to explore this avenue, to understand and adopt where possible the recommendations that are suggested through research and studies by those who are experts in the wellness field.

There is a lot of material available for all types of individual lifestyle and diet scenarios and all one needs to do is to find one or a combination of styles that most suits the needs of the time.

Understanding that not all recommendations are appropriate for everyone is also another feature to address, as simply following something simply because it is the popular thing at the time will not benefit and at the very least cause the individual to be disheartened.



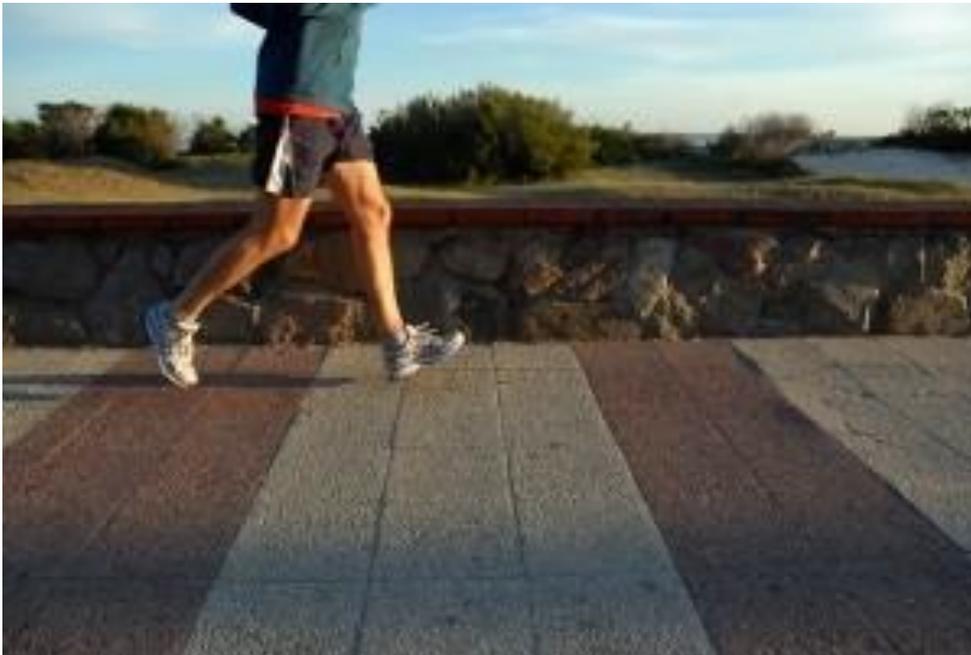
# Chapter 2:

*Accept That you Have To Live Right*

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## Synopsis

Life is a gift given to all but how that gift is used depends very much on the individual and the choices made throughout the course of life in general. Attention given to areas like nutrition, exercise, diet, lifestyle and habits all play a contributing role to the eventual condition of one's health. People who are serious about [living a long and healthy life](#), completely free of unnecessary ailments decide very early on in life to be careful of how they treat their body and mind.



## Accept It

When one takes a serious light of the gift of life and acknowledges that this gift is worth looking after, then and only then can serious consideration be given to all the various aspects that positively contribute to the consistent wellness of the individual.



In accepting the fact that the individual has the right to live, areas like good nutrition, hygiene, exercise, diet, good sleep or rest patters and many other related elements should be taken into consideration always.

If done with a positive mindset, most people will find these beneficial adjustments to be anything but rigid. Enjoying a variety of diverse yet healthy dietary list is not limited to boring and tasteless menus but instead allows the individual to be open to exploring new ideas.

Keeping the healthy balance is what is important to ensuring wellness. A large part of the challenge is the mindset and when this is tuned to the wellness need than half the battle is won.

In today's world where diseases are mutating at a frighteningly fast pace, everyone should take the quest to stay healthy and disease free seriously and acknowledge that it is really a basic right of an individual. In doing so, the need for self preservation becomes foremost in the mindset, thus creating the subconscious need to be alert and vigilant to always making the right choices.

# Chapter 3:

## *Some Kind Of Exercise*

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### Synopsis

Today almost everything sold or invented is done with the convenience element foremost in its design makeup. Very little effort is needed to get things done within the course of a day because of the said inventions that are there to assist and make life easier for us all.

However the down side of this is that with such inventions less and less of the human body is needed to be worked out, leaving the unfortunate state of poor muscle conditions and general under used body functions.

When this occurs, our body mechanisms begin to deteriorate until eventually it reaches the stage where nothing works as it should or was originally designed for.



## **Get Moving**

[Exercise](#) is fast being advocated as being the saving element that can put the human body back on track and performing at its optimum.

Anyone and everyone needs to have some sort of exercise regiment designed to be consistent for a set period of time that is routinely executed. As there are a multitude of exercise regiments available, all one needs to do is to find one that is most suited to one's needs and lifestyle.

Consulting people who are trained in this field is also another option that can be explored as they will be better equipped to give the necessary advice.

It should be noted at this point that having an exercise routine does not necessarily mean having to incur cost, which a feature most people are weary of.

Simple exercises can be done without fancy equipment or in fancy environments. Some exercises are considered all round and complete forms as it addresses all the muscles of the human body without the unnecessary stress.

The most popular of which is swimming, while others may include daily walks, stretches like yoga, simple breathing exercises, participating in games and many others.

The idea here is to do something that does not require just sitting around but instead working up muscle strength by some form of motion that is not strenuous.



# Chapter 4:

## *Balanced Diet*

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### Synopsis

Gaining weight, suffering from ailments, general fatigue, mental tiredness and many other negative consequences are all mostly attributed to an unbalanced diet regimen.

This literally translates to unhealthy choices being consistently and habitually made and in most cases with total disrespect to the body and its workings. Making a serious effort to keep a healthy and well balanced diet is the pivotal point in ensuring a good and long life.



## **Eat Right**

[Healthy and balanced diet programs](#) are not necessarily boring and tasteless. With a little research, anyone can design a diet plan that is both tasty and healthy.

It is simply a matter of understanding what foods are good and beneficial to the body and what are not. The food groups can be interchanged to ensure the food appears more appealing while all the time staying true to the idea of keeping the diet consisting of healthy ingredients.

The main groups that make up the healthy and balanced diet plan should include the following:

- Proteins – this is mainly to address muscle building issues which are important and instrumental elements that keeps the strength at a consistent level for the body to function well.
- Fats – a balanced intake of omega 3, 6, and 9 is necessary as it also contributes to the general easy functions of the body system.
- Veggies – there is no particular kind that is recommended above others, however consuming the leafier kinds are said to be better. Green fibrous veggies are especially recommended for optimum benefit.

- Fruit – containing the least fatty content, fruits are a welcomed desert option and provides the much needed natural nutrients for the body, as it is also a good source of vitamins.
- Water – most experts in the medical and dietary field would recommend a minimum of one liter of water to be consumed per day. Besides keeping the body hydrated it also helps in assisting the various circulatory systems in the course of carrying out their own individual functions.



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The advertisement features a woman in a blue top and a product box for 'FAT TO FIT' with the text 'Lose 15-20 lbs for \$37' and 'ORDER NOW!'.

# Chapter 5:

## *Stop Polluting Your Body And Mind*

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### Synopsis

Most people today try to find the easiest ways and means of doing things. Unfortunately this may not always constitute the best for the body or mind, that is to say easy does not always equate good.



## **Get On the Right Path**

Understanding that the human body and mind is a machine that needs to be treated with respect and some amount of delicacy is an important and first point on the journey towards preserving it, to enable it to always function at its optimum.

Whatever the body and mind take in, either good or bad is what the same body and mind will churn out, therefore making a conscious effort to observe and discern this will eventually put forth startlingly beneficial results.

When a person is hungry the instinctive thing to do would be to satisfy that hunger by feeding it. Today of course the easiest way to do this is to reach for the nearest fast food or snack that though is fulfilling at the time, is almost definitely unhealthy.

Understanding that this action is not only damaging but is also a form of polluting the body should encourage the person to seek other and more healthier alternatives.

Keeping health snacks at hand such as certain nuts, yogurt, fruits or fruit bars will help resist the urge to turn to fast foods. The healthier

snacks not only benefit the body it also helps to keep the unwanted weight gain at bay.

Keeping occupied is also another way to [maintain a healthy body](#) and mind state. However choosing to stay occupied the healthy way is also something that should be considered.

Playing games, reading, spending time with family, playing with pets, going on a nature hike, swimming and the list goes on. The main thing to try and do is to be outside enjoying nature as much as possible rather than staying indoors doing something that requires very little interaction, movement or thinking.



# Chapter 6:

## *The Importance Of Keeping Mind Body And Soul Healthy*

### Synopsis

The easiest and most rudimentary way of maintaining a balance in one's physical health is to follow a healthy diet. The focus should be on proper and adequate nutrition, without compromising on variety.

As food is a very important aspect of everyone's daily existence, keeping it exciting and tasty is very important as it ensures the elimination of unhealthy alternatives from creeping into the equation.



## Great Tips



Designing and adhering to a comfortable yet consistent exercise regiment is the way to keep the body well balanced and healthy. Exercises chosen should be unnecessarily complicated or strenuous.

It should instead be exciting and something the individual is likely to look forward to. Also the exercise regiment ideally should be done as often as possible, as a healthy and fit body contributes to a sharper thought process and mental alertness.

Then there is the balance of the soul, which although may sound rather complicated and confusing, it is really a very easy and reachable state to achieve.

The happiness and contented state of an individual generally dictates the connective conditions of the other two elements. Spiritual happiness can come from religious practices though it is not limited to this platform only.

The soul can also seek happiness in the secular world such as from the practice of meditation or other relaxation inducing activities. Some find relaxation in listening to music or engaging in activities like painting or craft work.

# Wrapping Up

In the quest of pursuing a complete and happy life, the mind, body and soul should always be in total balance and harmony. This can only be achieved when all three are consciously considered when embarking on anything and everything from trying new foods to make life changing decisions. Maintaining the balance of all three is pivotal to living a [happy and fulfilling life](#).

