Factors That Benefit Health

Background

Most people would agree that physical activity is very beneficial to improving quality of life. There is large body of research that highlights the importance of spending a good amount of time of the day engaging in physical activity. Along with physical activity, proper nutrition is important to one’s health as well. I have noticed that many nutritionists or most health experts emphasize nutrition as fuel for the body like how gasoline is fuel for cars. Upon joining the gym and practicing a healthier diet, I have noticed an improvement in my health and fitness condition. This illustrative essay will be investigating health and how it’s positively impacted by physical activity, nutrition, and overall health care in my experience.

The amount of time someone spends working out varies greatly. One person may put hours upon hours into their work while another goes to the gym for only thirty minutes just to get work in, nonetheless physical activity is known to be very beneficial to one’s health. Lately, I have noticed that more of my peers are investing their time in the gym. These are people that I have known and their progress is evident, both physically and also in their demeanor. They seem much more confident and happier. I also have recently changed my lifestyle from sedentary to an active lifestyle. I have been religiously going on runs and hitting the gym on a daily basis. I have also noticed great progress in my health and well-being after being consistent with my daily fitness routine. I feel more confident, clear minded, and disciplined than I ever have been. With that said, it helped me improve the other aspects of my life. For example, at work, I have more energy and I am much more focused. I also apply the progress that I have gained through physical activity with the way I look at life. I now set goals and have learned that consistency is the key to achieve my goals in life.

Another factor that is instrumental to better health is proper nutrition. This is because the body needs to be fed correctly to perform at its best. I used to be ignorant about the food I consumed and I wasn’t aware of the suitable amount of calories, macros, and recommended nutrition I should be getting. When I learned how to read food labels and count calories, I was able to cut down on weight and feel healthier. Also, upon making better food choices, my body feels more efficient. For instance, I noticed that I feel less bloated and is in a better mental state when I changed my diet. Also many research show that a healthy diet is crucial to one’s health and well-being. Just like those who engaged in regular physical activity, those who ate healthier on a regular basis have shown progress and improvement in shaping their body for the better.

Finally, overall healthcare plays a big role in influencing good health. For instance, getting enough sleep on a daily basis is very helpful in achieving a healthy lifestyle. The body needs time to recover in order for it to function properly. Another example of proper healthcare would be resting when needed. It is really important to listen to the body and know when to give it a break. Just like sleeping, the body requires time for recovery. When starting to practice a healthy lifestyle, prioritizing sleep was one of my goals. Compared to my friends who stayed up late at night, they would always wake up feeling groggy and unmotivated while I wake up feeling refreshed, motivated, and in a good mood.

One’s health can be determined and shaped by their day to day habits. Research have shown that these habits should consist of regular physical activity and a healthy diet. It takes commitment and patience to change your lifestyle. Our health and well-being is our greatest investment and the most rewarding. Consistently maintaining physical activity, proper nutrition and healthy overall lifestyle are the keys to determining a healthier life. The rewards are not only physical, but mentally and psychologically.