

Chapter 1 : Exercise in pregnancy - NHS

*Exercise and Rest (Healthy Choices) [Sharon Dalgleish] on calendrierdelascience.com *FREE* shipping on qualifying offers. Explains the importance of exercise and rest, and provides examples of physical activities that can be done alone.*

Alternative Medicine for Multiple Sclerosis The question about nutrition and lifestyle to alter the course of this chronic and untreatable disease has been frequently asked by patients and scientists. While different diets are currently studied, there is no diet specifically recommended to MS patients at this point. Diet The important role of diet has been investigated in many different diseases, some of which like diabetes can be directly affected by the correct diet. The research in diet and MS focuses on the role of gut microbial flora microorganisms present in the gut , its role in immunity regulation and its effect on MS disease course. Research suggests that a Western-style diet “ rich in calories, red meat, fat and sugar and low in fiber ” has a potential to increase systemic inflammation, change microbial flora in the gut and thus change the immune profile toward the more inflammatory one. This inflammatory gut microflora has been shown in research to worsen the disease. The importance of diet in MS is further underlined by research suggesting an increased risk of MS in obese adolescents and worse symptoms in MS patients who consume high amounts of salt. No drastic diet changes to exclude various food components are specifically recommended to MS patients. Current clinical practice is to encourage eating a low calorie, heart-healthy diet rich in fruits and vegetables, lean proteins and fiber. The World Health Organization also recommends less than two grams of salt per day for patients with MS. The role of vitamin D in the regulation of immunity has already been discussed. This vitamin is the most promising target for dietary treatment options, but the research is still ongoing. As vitamin D deficiency is commonly found among the general population, vitamin D supplementation is now routinely recommended by all clinicians for MS patients. Omega-3 fatty acids and polyunsaturated fatty acids, both present in olive oil, vegetables, seafood and fish, are desired alternatives to fats of animal origin present in the Western diet. Omega-3 fatty acids and polyunsaturated fatty acids both have anti-inflammatory effects in the body. Exercise Previously seen as inappropriate for MS patients because of increasing fatigue and worsening symptoms, exercise is now recognized as an inexpensive and beneficial lifestyle modification and therapy approach. Exercise in the form of physical therapy is now uniformly used in the vast majority of patients and has been shown to decrease fatigue and improve endurance, strength and balance at any stage of the disease. Apart from the obvious mechanistic benefits related to muscle activity, exercise is also believed to exert benefits on a molecular level by reducing the production of chemicals responsible for promoting inflammation in the body. This effect is possibly further enhanced by calorie reduction. Various models of exercise regimens have been studied and recommended for MS patients. Cardiorespiratory exercise has been proven to show benefits in as little as four weeks. Exercise modes using stationary cycling, swimming or aquatic exercise have been shown to improve endurance; patients with high functionality may prefer treadmills or elliptical trainers. Low endurance, seen in many MS patients at the outset of exercise program, can be managed by including short periods of rest during exercise sessions. Intermittent rest periods help to prevent fatigue and heat sensitivity, which in turn can transiently worsen MS symptoms. Aquatic exercises are highly popular among MS patients, mainly due to the prevention of heat buildup, ease of balance and support provided by water. Hydrotherapy techniques can help address limitations in strength and mobility otherwise present when exercising on land. Strength training, such as weights, push-ups or elastic bands exercises, should be gradually incorporated into any exercise program. This type of exercise improves strength, tone and endurance. Flexibility exercises are important in any MS patient. They address increased muscle tone and cramps, both frequently experienced by many. Repeated short stretching sessions 10 to 15 minutes long throughout the day offer better results than a single stretching session. Gentle stretching performed before and after any other exercise is also important. Based on these facts, clinical practice currently recommends at least mild exercise two to three times a week with adequate hydration. Due to known heat sensitivity in some MS patients, cooling strategies, such as precooling with cold showers and

air-conditioned facilities, are also recommended.

Chapter 2 : Nutrition, Fitness and Lifestyle Choices for Multiple Sclerosis | Healthfully

Keep your heart healthy and your weight down with regular exercise. WebMD suggests how to get started, what kind of exercises to do, and how to monitor your workouts.

Why is it Important? A healthy lifestyle is a valuable resource for reducing the incidence and impact of health problems, for recovery, for coping with life stressors, and for improving quality of life. There is a growing body of scientific evidence that shows our lifestyles play a huge part in how healthy we are. From what we eat and drink, to how much exercise we take, and whether we smoke or take drugs, all will affect our health, not only in terms of life expectancy, but how long we can expect to live without experiencing chronic disease. Conditions such as heart disease, cancer, diabetes, joint disease, and mental illness are responsible for a vast number of deaths and disabilities. Currently, we rely almost exclusively on the provision of clinical care by highly trained health professionals as our major strategy to deal with these conditions. Many health problems can be prevented or at least their occurrence postponed by having a healthy lifestyle. Convenience often wins – we are all so busy that convenience is at a premium. Your health depends on what you do throughout the day, everyday. A healthy lifestyle is absolutely vital. Here is a real simple solution – slowly improve your lifestyle in a step-by-step way. If you take one new health step every two months, for example, in two to three years you will be among the healthiest ten percent of people in the Western world. And boy will you see and feel the benefits. Improvements do not have to be large steps; take one small step for your health today, keep that one going, and add another one every two months. Have a plan – maybe introduce 6 improvements over the course of a year. Whatever your age, fitness level or body shape, it's never too soon or too late to start thinking about living healthily. You can take a step towards healthy living by making one change now to your daily life. Do you wake up with enthusiasm for the day ahead? Do you have the high energy you need to do what you want? Do you laugh easily and often, especially at yourself? Do you confidently find solutions for the challenges in your life? Do you feel valued and appreciated? Do you appreciate others and let them know it? Do you have a circle of warm, caring friends? Do the choices you make every day get you what you want? Your body requires a well balanced diet every day in order to maintain the adequate amounts of vitamins, nutrients and minerals needed to maintain a healthy body. To eat is a necessity, but to eat intelligently is an art – La Rochefoucauld French Writer An Active Lifestyle You will need to include fitness as part of your life. Physical fitness keeps your weight in check, helps you sleep better at night, prevents heart attacks and strokes and other health problems, and generally prolongs your life. Those who think they have not time for bodily exercise will sooner or later have to find time for illness – Edward Stanley Earl of Derby Stress Management Emotional stress plays an important role in many illnesses, both directly and indirectly. People are also more likely to smoke, overeat, drink too much, work too hard, argue with others and so on, when they are feeling stressed. Thus, stress management is an important part of your new lifestyle, and meditation and relaxation techniques are truly a key part of living a healthy lifestyle. Diseases of the soul are more dangerous and more numerous than those of the body – Marcus Tullius Cicero Roman Philosopher Make Friends With Yourself Loving yourself is a key to a healthy, happy lifestyle. Self-esteem is all about how much people value themselves; the pride they feel in themselves, and how worthwhile they feel. Self-esteem is important because feeling good about yourself can affect how you act. The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Develop a vision, a compelling future that excites and inspires you, and focus on it daily. I promise you, by taking control of your thoughts, you will improve your life in a big way. In minds crammed with thoughts, organs clogged with toxins, and bodies stiffened with neglect, there is just no space for anything else – Alison Rose Levy Journalist Life Balance If you want to achieve a healthy lifestyle you must take steps to ensure you maintain a certain level of balance – spiritually, physically, emotionally, socially, mentally and financially. You need to balance work and family, and all the other areas of your life without spreading yourself too thin and having a guilt trip when you do one thing, but think you should be doing another. All of the key areas of our lives overlap and interlink, effecting each other. Unless we create for ourselves satisfaction in each and every part of our life, we can never truly be fulfilled, or

live a contented, happy and healthy life. No success in public life can compensate for failure in the home” Benjamin Disraeli British Prime Minister Being Healthy is so important. Just change one thing in your life today. Have a healthy life beginning now. Living a healthy lifestyle will bring you happiness, health and the life of your dreams. You can fit into your favourite pair of jeans again. You can enjoy all the benefits that perfect health offers you. You can feel your best at all times of the day. I have spent over ten years working in the area of personal development and in helping others to achieve their potential. It is the belief that everyone should be helped and encouraged to reach their full potential that motivates me in my work as a coach and blogger. Read about my illness to wellness story.

Chapter 3 : The Benefits of Good Health, Fitness, and Mental Well-Being -

Healthy eating, exercise and proper rest are crucial tools that can help your potential for a happy and fulfilling life to be maximized. Take good care of your vehicle. It's the only body you have!

Andre Seballo February 12, Life, and all its joys can take a lot out of you. Travel plans, shopping, cooking, parties with friends and families, and the regular can take its toll on a person. While many toss their dietary restraints out the window only to pledge for a new year filled with healthy choices, others forget one of the most important and commonly neglected aspects of overall health: Sleep and general rest are essential for overall health. Here are a few key benefits for rest: Improved Memory – Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation. Maintain a Healthy Weight – Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. Heart Health - A study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night. Reduce Stress – Sleep and stress have similar affects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health. There are also spiritual benefits to rest as well. The bible has several references to the value of rest and restoration. So I challenge you all to make a resolution this coming year to get the rest your body and mind deserves. Here are a few tips to get started: A Day of Rest: Take a day each week to rest from your usual hectic schedule. Spent time with family, read a book, go to church, or choose an activity that enables you celebrate the gifts that life has to offer. Give yourself a strict schedule for going to sleep. For example, once bedtime comes make sure to turn of the television, put down your smartphone, or close that book you were reading. Challenge yourself to keep a log of the time you go to sleep, what time you wake up, and any improvement you may feel. Try this for a month. Was this page helpful?

Chapter 4 : Rest, Relaxation and Exercise | Mental Health America

Exercise and rest require a delicate balance, with the goal of advancing fitness levels while also accounting for beneficial muscle recovery, according to the Sanford Clinic of Orthopedics & Sports Medicine in Fargo, North Dakota.

The series offers health tips for readers at various life stages, including adulthood, pregnancy, parenthood, and later life. The entire series is also available in Spanish. How can I use this publication? This publication is one of many handy guides from WIN that you can use to develop and maintain healthy habits. As you age, your body and life change, and so does what you need to stay healthy. Changes in your home life, health, medicines, income, and sense of smell and taste may affect your interest in healthy eating and physical activity. Perhaps you have had some of these thoughts about food and exercise: It offers tips and tools to help people ages 65 and over eat healthy foods and be physically active. Healthy eating and regular physical activity are your keys to good health at any age. They may lower your risk for obesity, type 2 diabetes, heart disease, and certain cancers. They may even help you ward off depression and maintain orthopedic health related to bones and muscles. **Healthy Weight** Why is keeping a healthy weight important? You may lose muscle mass, which may increase frailty. You may also burn fewer calories, especially if you are not very physically active. To prevent weight gain, you may need to eat fewer calories than you did when you were younger. This means you have fewer calories to help you get the nutrients your body needs for energy. Ask your health care provider about what a healthy weight is for you. Among older people, being underweight is of concern and may be related to not having enough to eat, not eating enough foods that are nutrient dense, or having an illness or disease. Being overweight or obese is also of concern as extra weight may increase your risk for heart disease, high blood pressure, type 2 diabetes, and bone issues. Eating wisely and being physically active to preserve muscle and bone may help you maintain strength and a healthy weight as you age. **What is a healthy weight for me?** Two standard measures for seeing if you are at a healthy weight are these: The body mass index BMI is a measure of weight in relation to height. While a BMI score of 18.5 to 24.9 is considered a healthy weight, a BMI score of 25 or higher indicates increased risk for a number of health problems. Measuring around your waist may tell you if you carry extra fat. A waist circumference of more than 35 inches for women or 40 inches for men indicates increased risk for a number of health problems. Check with your health care provider if you have concerns about your weight. See the For More Information section for a link to the National Heart, Lung, and Blood Institute website, where you can find an online tool for measuring BMI and learn more about measuring your waist circumference. **Healthy Eating** What kinds of foods do I need to eat as I age? When you get older, your body begins to need fewer calories, but you need just as many nutrients. Nutrient-dense foods pack a lot of vitamins, minerals, and other nutrients your body needs into a small amount of calories. Eat more of these nutrient-dense foods Older adults, along with other Americans, are advised to "eat from the rainbow" of foods rich in nutrients, like these: Older adults should eat less of these foods: Adults over the age of 50 have different dietary needs from those of younger adults. **Smart Food Choices for Healthy Aging** provides healthy eating information for older adults. The guide includes tips on nutrients, food groups, and grocery shopping, as well as healthy sample menus. See the For More Information section for details on how to download or order this guide. For help with reading nutrition labels, read **Using the Nutrition Facts Label: How can I follow a healthy eating plan?** You can use this publication and other materials and links located in the Resources section to develop a healthy eating plan that works for your specific weight, budget, and dietary needs. **Control portion sizes** A portion is the amount of one food you eat in one sitting. Many people eat more than they need, especially when eating out or getting takeout. Avoid eating in front of the TV, computer, or other screen. You may not notice how much you are eating if you are distracted. Read the Nutrition Facts label found on food and drink packages to see how many calories and how much fat are in a single serving size of an item. Eating healthy meals can be easier when you plan ahead and make them enjoyable. Try the tips listed below and see the For More Information section for more ideas: Keep frozen or canned vegetables, beans, and fruits on hand for quick and healthy meal add-ons. Rinse canned foods to remove extra salt. Drain juice and syrup from canned fruit to remove extra sugar. Eat often with someone you enjoy. **Vitamin Power for Older Adults** Government dietary guidelines recommend these

vitamins: If you are 50 years or older, choose foods high in vitamin B12, such as fortified cereals, or take a B12 supplement 2. Vitamin B12 helps your brain, blood, and nervous system. If you are older than 70, you need IU international units of vitamin D a day IU for adults under Natural sources include sunlight, salmon and tuna, and foods fortified with vitamin D such as cereals, dairy products, and orange juice. Vitamin D can help prevent softening of the bones and reduce the risk of bone fractures. Tips for Healthy Eating on a Budget Buy store brands of whole-grain breads, pastas, and other healthy items. Read weekly sales flyers to plan meals around healthy items at good prices. Buy and split bulk items or fresh produce with neighbors. Buy canned or frozen vegetables with low sodium. They are healthy, low-cost, and store well until you need them. Sodium Tips Too much sodium salt can lead to high blood pressure. Read the Nutrition Facts label to find the sodium content. Limit how much packaged food you eat. Reduce salt when cooking or eating your food. Buy foods that are low in sodium. Tips for a Healthy Eating Plan Eat breakfast. Do not skip meals, as doing so may make you hungrier later. Choose high-fiber foods, like whole-grain breads and cereals, beans, deeply colored vegetables like kale and sweet potatoes , and fruits. Drink fluids throughout the day. You may feel less thirsty as you get older. But your body still needs water and other fluids to stay healthy and keep you regular. Are my eating habits healthy? Review the checklist Determine Your Nutritional Health to see if any of the warning signs of poor nutrition apply to you. See the For More Information section for a link to the checklist. If you have concerns, discuss your results with your health care provider. Physical Activity How much physical activity do I need? Physical activity is good for your health at every age. If you have never been active, starting regular physical activity now may improve your endurance, strength, balance, and flexibility. Being active may help you live on your own for a longer time and keep you healthy. Being active can be hard if your mobility is limited or if you have serious health problems. But, you can find activities to meet your needs. Slowly raising your arms or legs, for example, may help you when done on a regular, repeated basis. Do a variety of physical activities Healthy older adults should do four types of activities regularly: See the table below to learn more. For any new physical activity, if you have not been active, start slowly and work up to your goal. To track your progress and stay motivated, keep a daily diary of what you do and how long you do it. See the For More Information section for a link to a sample workout and other exercise and physical activity materials. Many activities give you more than just one benefit! Water aerobics with weights gives you strengthening and aerobic benefits. Yoga combines balance, flexibility, and strengthening. Choose what you like to do—some physical activity is better than none. Aerobic or endurance exercise uses your large muscle groups chest, legs, and back to increase your heart rate and breathing. You can speak several words in a row but not have a long chat while exercising. What are the benefits? Stay active as you age. What can I do? Go for a brisk walk.

Chapter 5 : Healthy Eating, Exercise and Proper Rest | KnowResolve

Rest, Relaxation and Exercise If you are in school, commuting to work and/or taking care of your family, time can seem to evaporate. Taking good care of your body and mind can make a difference in how healthy you are in general and how well you cope with change.

Nutrition is important for fitness. Eating a well-balanced diet can help you get the calories and nutrients you need to fuel your daily activities, including regular exercise. You need to get the right types of food at the right times of the day. Learn about the importance of healthy breakfasts, workout snacks, and meal plans. Get off to a good start. Your first meal of the day is an important one. According to an article published in *Harvard Health Letter*, eating breakfast regularly has been linked to a lower risk of obesity, diabetes, and heart disease. Starting your day with a healthy meal can help replenish your blood sugar, which your body needs to power your muscles and brain. Eating a healthy breakfast is especially important on days when exercise is on your agenda. Choosing the right kind of breakfast is crucial. Too many people rely on simple carbohydrates to start their day. In comparison, a fiber- and protein-rich breakfast may fend off hunger pangs for longer and provide the energy you need to keep your exercise going. Instead of eating sugar-laden cereals made from refined grains, try oatmeal, oat bran, or other whole-grain cereals that are high in fiber. Then, throw in some protein, such as milk, yogurt, or chopped nuts. Then, stir some cottage cheese into the batter. If you prefer toast, choose whole-grain bread. Then pair it with an egg, peanut butter, or another protein source. Count on the right carbohydrates. Thanks to low-carb fad diets, carbohydrates have gotten a bad rap. According to the Mayo Clinic, about 45 to 65 percent of your total daily calories should come from carbohydrates. This is especially true if you exercise. Choosing the right kind of carbohydrates is important. Too many people rely on the simple carbs found in sweets and processed foods. Instead, you should focus on eating the complex carbs found in whole grains, fruits, vegetables, and beans. Whole grains have more staying power than refined grains because you digest them more slowly. They can help you feel full for longer and fuel your body throughout the day. They can also help stabilize your blood sugar levels. Finally, these quality grains have the vitamins and minerals you need to keep your body running at its best. Pack protein into your snacks and meals. Protein is needed to help keep your body growing, maintained, and repaired. For example, the University of Rochester Medical Center reports that red blood cells die after about days. Protein is also essential for building and repairing muscles, helping you enjoy the benefits of your workout. Adults need to eat about 0. Exercisers and older people may need even more. That protein can come from: Limit the amount of red meat and processed meats that you eat. Boost your fruit and vegetable intake. Fruits and vegetables are rich sources of natural fiber, vitamins, minerals, and other compounds that your body needs to function properly. Aim to fill half your plate with fruits and veggies at every meal, recommends the United States Department of Agriculture. This will help you enjoy the full range of vitamins, minerals, and antioxidants that the produce aisle has to offer. Every time you go to the grocery store, considering choosing a new fruit or vegetable to try. For snacks, keep dried fruits in your workout bag and raw veggies in the fridge. Choose healthy fats. Unsaturated fats may help reduce inflammation, and they help provide calories. While fat is a primary fuel for aerobic exercise, we have plenty stored in the body to fuel even the longest workouts. However, getting healthy unsaturated fats helps to provide essential fatty acids and calories to keep you moving.

Chapter 6 : Health Benefits of Rest | Florida Hospital

Eating a healthy breakfast is especially important on days when exercise is on your agenda. Skipping breakfast can leave you feeling lightheaded or lethargic while you're working out. Choosing.

Big ones include reducing the odds of developing heart disease, stroke, and diabetes. Maybe you want to lose weight, lower your blood pressure, prevent depression, or just look better. In a study done at the University of British Columbia, researchers found that regular aerobic exercise, the kind that gets your heart and your sweat glands pumping, appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning. Resistance training, balance and muscle toning exercises did not have the same results. The finding comes at a critical time. Researchers say one new case of dementia is detected every four seconds globally. They estimate that by the year , more than million people will have dementia worldwide. Exercise and the brain Exercise helps memory and thinking through both direct and indirect means. The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors—chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells. Indirectly, exercise improves mood and sleep, and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment. Put it to the test So what should you do? Almost all of the research has looked at walking, including the latest study. How much exercise is required to improve memory? These study participants walked briskly for one hour, twice a week. Standard recommendations advise half an hour of moderate physical activity most days of the week, or minutes a week. If that seems daunting, start with a few minutes a day, and increase the amount you exercise by five or 10 minutes every week until you reach your goal. Try any or all of these ideas: Track your progress, which encourages you to reach a goal. Paying an expert is good motivation. Whatever exercise and motivators you choose, commit to establishing exercise as a habit, almost like taking a prescription medication.

Chapter 7 : What Are the Benefits of Resting From Exercise? | Healthy Living

Search Harvard Health Publishing. Senior centers are providing more options for exercise, including exercise in or near a chair. For the rest of us, it is.

Lemon and Hot Water as a Detox It is common knowledge that taking good care of oneself can help prevent a lot of illnesses as well as decrease the severity of illness in the body. This is no different for colds and the flu. Healthy lifestyle choices include proper nutrition, rest and minimizing stress. Also, if you get a cold or the flu, it is important that you accept your sickness and rest. In addition, there are a few other things that are easy enough to do to help combat the common cold and flu. **Hand-Washing** Hand-washing is the most helpful thing shown to prevent catching a cold. The hands should be washed in warm, soapy water. There is no need for antibacterial soaps which themselves can lead to other problems. Alcohol-based hand sanitizers are also acceptable. Objects and surfaces like counters, toys and doorknobs should be cleaned with a disinfectant, such as Lysol. To help prevent transmission, it is important to cover your mouth when coughing or sneezing and then wash your hands immediately. Sinus rinses and humidified air may help prevent dry nasal passages that can lead to micro cracks, making it easier for viruses to infect. Controlling allergy symptoms means less congestion, which means if one does catch a cold, it has less chance of lingering in the sinuses or developing into a bacterial sinus infection, or even a bad viral sinus infection. **Exercise and Nutrition** In general, exercise is a good thing to keep your immune system strong and help prevent illness. Studies show that moderate exercise decreases the risk of contracting cold or flu viruses, however, heavy physical exercise can actually increase your chances. More studies are needed to be conclusive. Studies show that chicken soup may help in fighting a cold since it has a positive affect on white blood cells neutrophils. Drinking orange juice may also be helpful due to its high content of vitamin C, which has been shown to cause a small 8 percent decrease in the duration of colds. Some vitamins may be helpful in preventing one from getting a cold or the flu. Human cells rely on many types of vitamins and minerals to help them function well, so it stands to reason that a healthy diet would boost the immune system. **Sleep, Stress and Smoking** Sleep is important in the regulation of the immune function. It is the time when the body repairs itself. Lack of sleep can increase the susceptibility to colds likely due to a weakened immune system. Stress reduction is very important. Increased stress means increased cortisol, which can impair immune function, among many other things. Research has shown that psychological stress is associated with an increased risk of acute infectious respiratory illness. Smoking is bad for health for many, many reasons. One of those is that smokers get more respiratory tract infections upper and lower. Cigarette smoke inhibits our natural mucus-clearing system as well as affects the immune system and many types of infection-fighting cells. Cigarette smoke also makes the virus and bacteria causing the illness to be more virulent.

Chapter 8 : What is a Healthy Lifestyle?

Diet, Exercise and Sleep Home >> Sleep Topics >> Diet, Exercise and Sleep For years your doctor, your mom and your friend who goes to the gym multiple times a week have probably been telling you to eat better and exercise more.

We want to have friends and family who are fun to be with and treat us kindly. The relationships we have with those we feel closest to are very important to us. We are willing to spend a lot of time and energy to maintain and nurture the bond we have with these chosen few. For this effort, we often receive a great deal of enjoyment, fulfillment, and good feelings about life and even ourselves. However, the greatest source of happiness, joy, and satisfaction comes not from our relationships with others. It comes, first and foremost, from our relationship with ourselves. In order to love ourselves, we must first know who we are. We are emotional, psychological, intellectual, social and spiritual beings. All of these parts of who we are depend greatly on the condition of the vehicle we travel around in. Of course, this vehicle is our own body. Viewing things from the holistic perspective we recognize that all of the parts of who we are effect and are affected by our physical beings. We therefore must give special care and attention when considering the importance of our body in our everyday experiences of life. The condition of your body and how you feel physically has a profound effect on mood, the ability to think clearly, and attitude toward others. It even has an impact on your higher level of consciousness and awareness. With that in mind, we must pay careful attention to how we take care of our bodies, each and every day. We must provide proper sustenance, movement and rest for our bodies to function at their highest potential. After all, that old saying proves true. We are what we eat. Likewise, we are also greatly impacted by the degree to which you get enough movement each day and then enough rest to recuperate. We all need to get sufficient exercise and sleep to help our bodies and our brains work together effectively. In order to maintain optimal performance our bodies must be fed with proper nutrition. Our diets should be filled with mostly whole foods like vegetables, fruit, seeds, and protein sources from dairy, meats, eggs, fish, or soy products. It is important to limit your consumption of processed foods, staying with whole and organically grown foods whenever possible. This helps limit exposure to unhealthy chemicals that may have a negative impact on your overall quality of life. The structure of our muscles and joints suggest that we are built to engage in certain movements with ease and strength. Our largest muscles are in the chest, back, buttocks and legs. We are made to walk, run, and jump, as well as to pick up objects so they can be carried from place to place. When we exercise, we allow our bodies to maintain these natural activities and movements. Without exercise, our muscles atrophy and lose their natural ability and potential. Our bodies also need to recuperate. We need to process the foods we have eaten, allowing the nutrients to get to the different parts of our bodies. And we need to replenish the cells that have been broken down or used up in our daily lives. Sleep gives our bodies the best chance to start the next day with motivation, energy, and clear thinking. Too little sleep robs our bodies of much needed resources. Most of us need between seven to eight hours of sleep nightly. Growing children and adolescents need even more. If you give your body the careful attention it needs to operate most effectively, you will find that you have more motivation, creativity and energy. You will also feel better about yourself and your life. Your self-esteem will rise. Friendships and family relationships will improve too. Healthy eating, exercise and proper rest are crucial tools that can help your potential for a happy and fulfilling life to be maximized. Take good care of your vehicle. For more information about Robert, visit [Page 11](http://www.Different types of food have different effects on our bodies and brains. If you are lacking energy and gusto, grab some carbs. Your brain is fueled by carbs. Good sources are whole grains like brown rice, whole grain bread or pasta and oatmeal. If you are completely drained of energy, grab some orange juice. The liquid will get to your brain quicker. Are you tense all the time? These two nutrients help lower your blood pressure. Healthy fats can be found in nuts, seeds, avocado, and olive oil. Fiber is found in plant foods like fruits, veggies, nuts, seeds, beans, and whole grains. Feeling down and out? Yes, you read it right. Chocolate has a positive effect on our mood. The healthiest for you is dark chocolate. It does have a little caffeine and sugar, which could make you hyper, but the overall effects are positive. Remember not to go crazy with your portion size. Too much could make you feel worse nauseous, headache. Avoiding certain foods can keep you</p></div><div data-bbox=)

feeling better all the time. These fats can make you feel bloated and heavy. They sit in your stomach for a long time sometimes creating heartburn and stomach distress. These fats also have detrimental health effects; they lead to heart disease and cancer when eaten in large amounts. A small amount of caffeine is OK everyday. Consuming too much energy drinks can lead to feeling stressed, nauseous, and anxious. Caffeine withdrawals can be painful if you are consuming a lot each day. Candies, cookies, sodas, and other desserts will give you an immediate sugar high and then make you crash. Prevent crashing by avoiding these foods. Submitted by Rachel Fox. She is pursuing her certification as a Registered Dietitian and has great passion for food, cooking and playing tennis. Rachel currently contributes to a blog at www.

Chapter 9 : Top 21 Health and Fitness Quotes - MoveMe Quotes

Exercise in pregnancy. The more active and fit you are during pregnancy, the easier it will be for you to adapt to your changing shape and weight gain.

Sign up now Exercise: From boosting your mood to improving your sex life, find out how exercise can improve your life. By Mayo Clinic Staff Want to feel better, have more energy and even add years to your life? The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability. Need more convincing to get moving? Check out these seven ways exercise can lead to a happier, healthier you. Exercise controls weight Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. To reap the benefits of exercise, just get more active throughout your day – take the stairs instead of the elevator or rev up your household chores. Exercise combats health conditions and diseases Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein HDL , or "good," cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. Regular exercise helps prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, a number of types of cancer, arthritis and falls. Exercise improves mood Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem. Exercise boosts energy Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores. Exercise promotes better sleep Struggling to snooze? Regular physical activity can help you fall asleep faster and deepen your sleep. Exercise puts the spark back into your sex life Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and physical appearance, which may boost your sex life. Regular physical activity may enhance arousal for women. Exercise can be fun – and social! Exercise and physical activity can be enjoyable. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. So, take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Try something new, or do something with friends. The bottom line on exercise Exercise and physical activity are a great way to feel better, boost your health and have fun. Aim for at least minutes per week of moderate-intensity exercise, or 75 minutes per week of vigorous exercise. Try to engage in a combination of vigorous and moderate aerobic exercises, such as running, walking or swimming. Squeeze in strength training at least twice per week by lifting free weights, using weight machines or doing body weight exercises. Space out your activities throughout the week. If you want to lose weight or meet specific fitness goals, you may need to ramp up your exercise efforts.