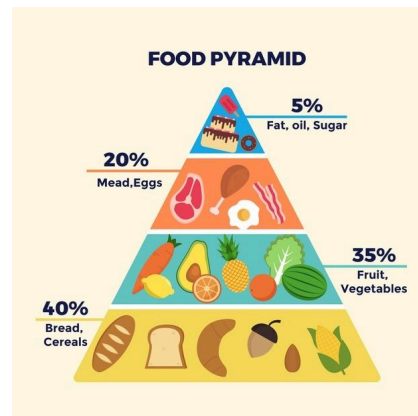


GOOD HEALTH AND WELL-BEING



**BETTER HEALTH
THROUGH
BETTER LIVING!**

It is very important to live a healthy lifestyle, although it's not that easy. To achieve it people have to eat healthy foods like vegetables, fruits, whole grain meals and do physical activities such as running or going to the gym.



Research has shown that people who eat a healthy diet and exercise are more likely to be happy and have better mental health than people who don't. From our experience, we have noticed many big changes when we eat healthier and work out. Our moods become better and we are more productive.

To accomplish an overall better and more nourishing life, you need to always keep track of what you're eating. For example, don't eat junk food like:

- *potato crisps;*
- *soft drinks;*
- *sweets, etc.*



These foods have many unnecessary calories, which can make people gain unwanted weight. 2 in 3 people consume fast food at least once a week (65%). In our opinions, we think that people should try to stay out of so much unhealthy food.

Extra weight is also gained by not including enough movement in your everyday life. Individuals should consider more exercising to have a physically fit life. It helps to obtain muscles and reduce the risk of obesity. Start by including a quick morning run in your daily routine. The average person will burn about 60 calories per km of running. By all means, there are a lot of factors that will influence this:

- *weight (heavier people are likely to burn more),*
- *gender (men burn more calories than women),*
- *the level of fitness (fitter people burn less calories while running).*



In addition to all of this, mental health is equally important, and a good lifestyle has an impact on a healthy mind. While people are doing physical activities and working out, their mind usually gets carried away from the negative thoughts. Which can lead to a calm and relaxed person. From our point of view, exercising has helped us a lot mentally and physically.



Altogether human health is an important factor of life and you need to realize that - A HEALTHY OUTSIDE STARTS FROM THE INSIDE!

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