Is it more important to exercise or to eat healthy?

One without the other will have a positive impact on your body and health, but in order to maintain optimal health, both eating healthy and exercising regularly are recommended. If you’re trying to lose weight, using only one method will work for a while until your body adapts and your weight reaches a stand still. The mixture of eating a well-balanced diet while building muscle and burning carbohydrates is an ideal form of weight loss and weight maintenance. Exercise not only controls weight, but also helps fight health conditions and disease, improve mood, boost energy, promote better sleep, relieve stress, lift depression, improve learning, build sel-esteem, improve body image, and can ultimately keep you happier. A healthy diet is one that includes fresh fruits and vegetables, whole grains, dairy, and lean proteins. Not only does eating a healthy diet reduce the risk of diseases and health problems such as heart disease, high blood pressure, and diabetes, but also affects other areas of your life and body as well. A well-balanced diet can help with weight control, improve skin, boost energy, reduce stress, improve sleep, and improve mood. As you may notice, a well-balanced diet and a regular exercise routine have many of the same benefits, so you can imagine how much better you could feel if you put them together! Although it may be difficult to get into one or both of these lifestyles at first, slowly making changes can be helpful. Try cutting out refined grains and/or added sugars as a start on your way to a more healthy diet. Take a walk around your neighborhood a few times a week to help build up an exercise habit. Although making improvements on one of these two areas of your lifestyle can be beneficial, doing both will be twice as rewarding in the end.

By Alexa Torres