Is exercise as important if you have a well-balanced, nutrient-filled diet?

First things first, what does having a well-balanced, nutrient-filled diet actually mean? Let's imagine for a minute that you are sitting down for dinner. When you look down at your plate you see that at least half of your plate contains a dark, leafy green salad with cherry tomatoes, cucumbers, and carrots. Sounds delicious--and like you are off to a great start. On the remaining half of your plate you have a single serving of herb roasted chicken, roughly the size of the palm of your hand, and a small scoop (about enough to fill your cupped hand) of seasoned brown rice--all good there! A glass of 1% milk to wash it all down--you really do have the makings of a well-balanced, nutrient-filled diet!

So what more would you need to achieve optimal health? Well, consider how you have felt after going for a walk on a sunny day, perhaps a casual stroll with a friend. The sun was warm on your back, a soft breeze was blowing, you stood tall and took a deep relaxing breath and let it out slowly--it felt great didn't it?

Regular exercise, or any physical activity, has many benefits to your overall health. Not only can it help you manage your weight along with a well-balanced, nutrient-filled diet, but it can also help reduce your risk of developing chronic diseases, like heart disease and diabetes. Exercise can strengthen muscles and bones, improve mood and sleep quality, and reduce your risk for cancer and premature death. Studies show that increasing your daily physical activity level by just ten minutes, three-times a day can improve your chances of a healthier life.¹

When you consider all the benefits of adding exercise to your healthy diet, the question really is--why not?

References:

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