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Fitness Health Tip

Everybody dreams of being healthy, beautiful and fit. The first fitness health tip is to believe that we are what we eat. Eat healthy and one will be healthy and beautiful. Healthy eating means eating three regular balanced meals-breakfast, lunch and dinner daily and making sure that each meal is a combination of carbohydrate and protein foods. Meals should include cereals, pulses, milk or curd, eggs, chicken, fish, fruits and vegetables. There is a fitness health tip which may come as a pleasant surprise and that is- Adding sugar is not a crime. Three to four teaspoon of sugar a day is permitted if one is not diabetic. Finally, the whole secret of fitness and weight control rests on how much oil is consumed daily and how much fatty foods are eaten in a day. The normal requirement is 2-3 or 3-4 teaspoons oil per person per day. One may indulge in richer food twice in a week. Another fitness health tip is that the major reason for an overweight and unhealthy body is a change in lifestyle. Today we don't walk anywhere, and hop into and out of cars. We also spend a lot of time sitting in front of television and computer. This is one reason why people in their 20's and 30's suffer from hypertension, heart diseases and diabetes. Everybody from six years and above must ensure that a regular exercise session is fixed in the daily routine. A 20-30 minutes walk must be taught and practiced as regularly as brushing the teeth and bathing. It is also important to avoid too many soft drinks and packed juices which most of us prefer and stock in our refrigerator. It not only increases our body weight but also harms our teeth and skin. Rather we should resolve to drink plenty of water. To conclude, there is no magic wand to achieve healthy, beautiful and fit body. It is imperative to keep a watch on what we eat. Keep the diet well balanced, regular and complete with salad and fruits. Make sure that one is active throughout the day and follow a regular fitness program that is in sync with the age, body and health.

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