

According to a survey done in 2017 in UK, 70% of the researchers concluded that a balanced diet is far more efficient than exercise in keeping your body healthy. Many people think the same as well because the advantages of a balanced diet outweigh those of exercise, a healthy diet is better than exercise because calories are managed easily, diet provides better nutrition and helps prevent from chronic diseases such as heart disease.

One similarity between diet and exercise is that both of them helps a person to manage their calories efficiently, however, both of them also have dissimilarities because when a person follows a balanced diet, cutting calories appear to promote weight loss more effectively than does increasing exercise, Moreover, the key to weight loss is to consume fewer calories than you burn, on the other hand a normal 70 kg person would need to cycle for an hour to burn 500 calories, which can be hectic and tiring at some times which in turn increases your appetite.

In addition to managing calories, another dissimilarity between diet and exercise is the provision of nutrients for the body, a person can rest easy if they follow a diet but if they think that they can eat unhealthy food and exercise later on to stay fit, they are wrong. This method can be harmful and can end up removing nutrients from the body. However, one similarity is both diet and exercise are nutritious for the body as well, for example when a person follows a balanced diet, they eat fruits and vegetables which fulfills the need of proteins and nutrients in the body and exercise followed by a healthy diet can make a person strong and help them to stay fit.

There is a saying “You are what you eat”, keeping this in mind both diet and exercise helps prevent from chronic diseases such as heart disease, however, the dissimilarity is that if a person exercises too hard, studies show that it can lead to the heart being damaged while people do not need to worry about such a thing if they are following a balanced diet.

To conclude, following a balanced diet is more beneficial than exercising because calorie intake is managed easily, it is more nutritious and protects a person from chronic diseases. Though exercising daily for a little while is also beneficial for human health but the benefits of a diet have the edge over them.