

HEALTHY FOOD AND EXERCISE



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Nutrition is important for fitness Eating a well-balanced diet can help you get the calories and nutrients you need to fuel your daily activities, including regular exercise.

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Eating healthy and exercising can seem like a pretty simple and straightforward goal; however, there are many different components to a healthy diet and fitness program. For example, you'll need to think about when and where you'll be working out, what foods to eat, how much to eat, and how to

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It s a no-brainer that diet and exercise are both crucial to your well-being and your waistline. And that generally adhering to recommended guidelines (like getting regular doses of aerobic activity and resistance training, filling half your plate with fruits and vegetables, and eating lean protein) is the best way to optimize your health overall.

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Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. Medicine & Science in Sports & Exercise. 2016;48:501.

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