Source: https://www.positivemed.com/2016/10/23/expository-essay-healthy-eating-exercise/

Modern people think more about nutrition and physical exercises nowadays. Centuries ago, very few people suffered from obesity and various diseases related to improper eating. People were more active and did not consume unhealthy food (in the current understanding of this term).

Very soon, engineers invented machinery that reduced human physical efforts. People no longer need to go upstairs on foot when they have an elevator. What is more, they grow more food that resists the negative impact of the environment. Therefore, we have machines, fast food and genetically modified food products that influence our health negatively. Modern people suffer from the lack of motion and physical activity. Furthermore, they consume unhealthy food that contains fat and sugar. In conclusion, an average citizen of every developed country suffers from overweight and disorders connected with cardiovascular system and digestion. No wonder, more and more scientists say that it is vital to consume healthy food and do physical exercises if you want to be physically and mentally healthy.

It is difficult to overestimate the importance of healthy eating. As wise people say – “We are what we eat”. If we consume healthy high-quality food, we feel better and all the systems of our body work in the proper order. On the contrary, if we eat poor-quality food products, the condition of our health declines.

What is healthy eating? There is no need to write about fast food inasmuch as everyone understands that it contains much fat, salt and sugar. Healthy eating is the consumption of the products that provide our organism with the required microelements and vitamins. What products contain the required elements? You will be surprised but nearly every kind of food is rich in the specific microelements. If you want to be healthy, you ought to consume well-balanced food. You cannot eat only porridge or cornflakes all the time. You should vary the choice of your dishes. Moreover, it is useful to combine different dishes making complex meals. For instance, one can eat soup and then continue the meal with a beefsteak or fish and salad. As you see, the meal is differentiated and contains all possible vitamins and microelements.

It is no less important to eat regularly. It is reasonable to start your workday with a nourishing breakfast. Many people avoid eating in the morning substituting food with a cup of coffee and a croissant. In fact, this decision is wrong. Many experts claim that breakfast should be the primary essential meal. If you eat in the morning, you will be active and hardworking during the whole day. Then, one should have lunch, substantial dinner and supper. Professionals prove that it is useful to eat several time during the day. Some busy people do not have time to eat regularly. In the morning, they drink coffee and in the afternoon, they have a light dish. When they are through with their work, they decide to have a substantial and heavy supper. However, this action is very harmful whereas the organism is exhausted during the day and overloaded at night. Heavy eating at night causes obesity and numerous other digestive disorders.

Even the most balanced consumption of food will be useless without physical activity. A human being is supposed to move a lot. We have solid bones and strong muscles that require constant training. If we omit physical activity, we will have numerous problems with our musculoskeletal and cardiovascular systems. Regular physical exercises make our muscles and spine stronger.

In addition, exercises make us good-looking. When one devotes at least 15 minutes to physical exercise daily, he is in good shape. He does not suffer from overweight and avoids heart attacks and other related problems. However, it is vital to know your own potential and limits. If you do too many intensive and heavy exercises, you can be injured. No wonder, there is hardly a professional sportsman who is healthy. They exist on the verge of exhaustion all the time. In brief, it is smart to do morning exercises and visit a gym twice a week in order to possess perfect shape and strong health. Regular physical exercises improve your health and immune system. Well-trained people suffer from flu and cold less than inactive people. Physical activity is useful for the improvement of mental and physiological health. Sound mind in a sound body. When you do physical exercises, you become open-minded and your mood improves. Finally, if you play team games (soccer or basketball), you cooperate with other players developing your team spirit.

Healthy eating and physical exercise are considerable for the proper condition our physical and psychological health. Only if we consume the right food and do exercises, we will be sound and healthy.

GPT-improved sample

Regular exercise has numerous benefits that are essential for a healthy lifestyle. In modern times, people have become more aware of the importance of nutrition and exercise for maintaining their overall well-being. Centuries ago, people were more active and consumed healthier food, which helped them avoid diseases related to improper eating.

However, with the advent of machinery, people no longer need to exert physical efforts as much as they used to. This sedentary lifestyle, combined with the consumption of unhealthy food that contains fat and sugar, has led to an increase in weight gain and disorders connected with the cardiovascular system and digestion. Consequently, it has become vital for the average citizen in every developed country to consume healthy food and engage in physical exercise to maintain physical and mental health.

Healthy eating plays a crucial role in our well-being. It is a well-known fact that fast food contains high levels of fat, salt, and sugar, which can lead to various health issues. On the other hand, consuming high-quality food provides our bodies with the required microelements and vitamins, which ensures that all the systems in our body work in the proper order. A well-balanced diet that includes a variety of dishes is essential. For instance, one can eat soup and then continue the meal with a beefsteak or fish and salad, creating a differentiated meal that contains all the necessary vitamins and microelements.

Regularity in eating is also important. Breakfast should be the primary essential meal, and one should have lunch, dinner, and supper at regular intervals. Eating several times during the day is useful, and avoiding heavy eating at night is crucial to avoid obesity and other digestive disorders.

Engaging in regular physical exercise is equally essential. Our bodies are designed to move a lot, and neglecting physical activity can cause numerous problems with our musculoskeletal and cardiovascular systems. Regular physical exercise strengthens our muscles and spine and helps us maintain a healthy weight, avoiding heart attacks and other related problems. However, it is essential to know our limits and potential. Doing too many intensive and heavy exercises can lead to injuries, and it is essential to exercise within our capabilities.

Moreover, physical exercise is not only useful for physical health but also for mental and psychological health. It improves our immune system, and well-trained people suffer from flu and cold less than inactive people. Physical activity is useful for the improvement of mental and physiological health. When we do physical exercises, our mood improves, and we become more open-minded. Finally, team sports, such as soccer or basketball, allow us to cooperate with others, develop our team spirit and boost our confidence.

In conclusion, healthy eating and regular physical exercise are crucial for maintaining our physical and psychological health. It is essential to consume the right food and engage in physical exercise to live a sound and healthy life.