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9. Importance of Balanced Diet and Proper Exercise for the Students

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Introduction

Diet and exercise are an integral part of staying fit and healthy. Proper nutrition along with exercise will help keep you in shape and keep you healthy. There are many different types of diets and exercise for all types of people. In this article, we will discuss different types of diet and exercise for college students. Only a few research studies have examined the success of exercise, nutrition, and weight loss programs designed specifically for the college student, taking into consideration their schedules, food and physical activity preferences. College campuses are an important setting where promotion of healthy lifestyle habits can occur. Future studies need to focus on how best to address the issues of healthy eating, exercise, and physical activity in the college student population, and how to encourage the maintenance of these habits after graduation and into adulthood. Exercise and nutrition professionals will play an important role in the development and implementation of new policies and programs designed to promote healthy eating and physical activity in college students. All diets and exercise programs should be done under an expert's or doctor's supervision since both diets and exercise are based on many different factors.

Diet

The word is originated from Middle English *diete*, from Anglo-French, from Latin *diaeta*, from Greek *diaita*, literally manner of living, from *diasthaino* to lead one's life. It was first known used during 13th century of eating amount of food prescribed for a person or animal for a special reason, or a regimen of eating and drinking sparingly so as to reduce one's weight. According to the Oxford Food & Fitness Online Dictionary "The word diet comes from the Greek word 'Diaita' used in the past to refer to a person's whole mode of life. Today, the term diet is usually restricted to people's eating and drinking habits; their daily pattern of eating, the quality and quantity of their food, and the frequency of eating.

In nutrition, diet is the sum of food consumed by a person or other organism.

In short Diet means food and drink regularly provided or consumed, habitual nourishment, the kind and amount of food prescribed for a person or animal for a special reason, or regimen of eating and drinking sparingly so as to reduce ones weight.

As per the Oxford Companion to the Body online dictionary a diet is a pattern of food consumption which is followed by a population or an individual. The diets of populations are affected by local factors including geography, climate, food availability, culture, and religion, whereas the diets of individuals within populations are further influenced by factors such as socio-economic status, personal preference, and health considerations To maintain life, all diets must supply the essential amounts of energy, protein, essential fatty acids, vitamins, and minerals, but these needs can be met by a wide variety of diets, each of which will be sufficient for growth, survival, and reproduction but may also have obvious or subtle effects on the long-term state of health.

Types of Diets

Here are the most popular types of diets for maintaining proper health and nutrition. Remember that before starting any of these diets and changing your nutritional habits that you are doing it under the supervision of a physician or nutritionist. You want to make sure that you are doing your body good and not bad. These people are here to help you attain your goal of reducing health issues and they will help reduce the risks associated with doing it improperly.

- Fad or or Crash Diets
- Low Carb Diets
- Macrobiotic Diet
- Vegetarian Diets
- Other Diets

Preventing Infections and Diseases

Consuming all foods in a well-balanced proportion will help your body to prevent many infections and disorders. If the body gets all the required nutrients, it will improve the functioning of the immune system which responsible for the prevention of various infections, By following a balanced diet, you reduce the possibilities of some types of cancer, control blood sugar levels effectively, and control blood pressure. It prevents diseases that are a result of either over-consumption or under-consumption of certain foods.

Controlling Weight

For the purpose of reducing and controlling weight, people tend to forget why is a balanced diet important. They don't understand that a balanced diet is the key to reduce or increase weight. Those who want to reduce weight try different ways, but don't succeed. The reason is that the routines they choose include consuming huge amounts of foods that don't contribute to weight loss.

Healthy Body Growth

If the body is getting all the essential nutrients regularly, it will certainly be fit. It would be away from infections and diseases, which in turn will promote a healthy body growth and maintenance. A balanced diet should be implemented in the routine of a growing child or a teenager. You would be able to easily perform physical tasks without any exertion on the body. It is a necessity nowadays, as there is so much physical and mental stress in the lives of people.

Active Lifestyle

A balanced diet would also be beneficial to the state of mind. You would be able to live an active lifestyle. Because both the body and mind are in a good state, they would coordinate effectively. It will help you to take immediate decisions and tackle problems efficiently. It is also proven to increase the remembering and memorizing capability of a person.

These are some of the benefits that would let you know why is a healthy balanced diet important. There are many more advantages that a balanced diet has to offer. Looking at the many benefits, you can plan your diet and put it into practice as soon as possible. The chances of your body getting infected would be reduced considerably. It would also help you to stop the development and spreading of the diseases and infections which you are suffering from.

Importance of a Balanced Diet to Maintain Physical Fitness

Thought it might be tempting to adopt a super low calorie diet to get fit, doing so could put you at a nutritional deficit and make it harder to get in shape. That's why a balanced diet is so important for optimum health and physical condition. By eating right, you can exercise to your fullest potential and get in the best shape possible.

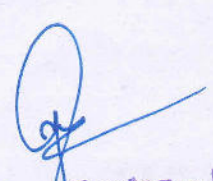
- Food is Fuel
- Immune System
- Workout Benefits
- Muscle Tone

Summary

These are some of the different diets and exercises that are available today. They can and should be catered to your individual needs and should be done under a doctor's supervision. When choosing a lifestyle plan be sure that you carefully discuss and decide with a physician what the best plan for your individual health. The goal is to attain and maintain a healthy weight for your body. This will help reduce the risk of obesity related disease. Working with diet and exercise together is just one step on your way to a new and healthier you. A low calorie, well-balanced diet combined with exercise is essential in this total program. By doing everything in a program you can feel better about yourself both physically and mentally. To live healthy or not is one's own choice at the end, and though there are new ways to improve one's health role of a healthy diet cannot be rderplayed. So eat healthy and live healthy.

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