

Anthony Palmer
Ath 115 Success for Life and Ministry
Beulah Heights University
Dr. Bowens
Assignment # 13

Chapter 12 charges us to live a healthier lifestyle. It gives us many tips on healthy eating, and ways to maintain the healthy lifestyle that would benefit us in all our years. The chapter mentions that getting a college education is an investment in the quality of life we can have in the future. But to really enjoy this lifestyle we have to maintain some good health.

Another way to keep up with our health is to balance nutrition and exercise. Balancing good nutrition with exercise contributes to a long and healthy life. A good diet helps us to enjoy life and feel our best. Staying away from fast food chain also increases our chances of staying healthy. Watching our intake of calories and sweets is also important for us to keep track of as well.

Going to the gym can be a drag, but we have to find a way to stay physically active. It increases our fitness, endurance, and strength. It maintains healthy bones, muscles, and joints. Staying physically fit manages our weight. It lowers the risk of cardiovascular disease, colon cancer, and diabetes. It also reduces depression and anxiety.

Chapter 12 also gives tips on how to lose weight. Many struggle with this because they don't pay attention to how they eat. You have pay close attention to your eating habits even when you work out. Working out is only half of the deal. We should first cut all soda drinking out. To control hunger eat smaller meals throughout the day. Make sure we eat breakfast, it's very important, and make sure it is a healthy meal.

Large amounts of alcohol intake decrease our healthy lifestyle. Smoking doesn't make it any better either. Smoking tobacco and excessive alcohol drinking is a leading cause of preventive illness and death. It can be easily fix by simply not using. Smoking damages and irritates the respiratory system. It also affects the heart, as well as alcohol affects the liver. Avoiding these habits increases our changes for a healthy lifestyle.