Which one of the following would you change to improve your health?

1. The kind of food you eat

2. The amount of exercise

3. The amount of stress

There is no doubt that nowadays, healthy life play the key role in people's lives. No one can deny the direct and indirect effects of the food, exercise, stress, etc. on our health. Some may hold the opinion that the food we eat every day and also stress are play a more important role in our health. However, some others may take an opposite viewpoint and believe that the amount of exercise we do every day is more important. From my own perspective, the second belief is true. In what follows, I will pinpoint the most outstanding reasons.

The first reason coming to mind to substantiate my standpoint is concerned with this issue that Exercise can reduce the destructive effects of stress and bad food on our health. For instance, when you exercise regularly, your body releases endorphins, which reduce stress in your body and also burns harmful fats from foods.

Most of the people believe that food and stress have a significant effect on our health. They mention harmful impacts of unhealthy food and stress as the most important factors. Although this point of view is true, people with this opinion should consider the fact that Healthy foods are usually more expensive. Or they can not change their stressful jobs. Exercising does not need any cost. And everyone can exercise every day, even at their home.

From what has been discussed above, we may safely reach the conclusion that Exercising has a lot of advantages and this will make a lot of people have Healthier live.