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

The importance of health is undeniable and some people consider it as the most valuable given from god. There are various ways to improve your health such as more exercising, lesser stress experiencing, and eating healthy foods. Although the effects of more exercising and lesser stress experiencing are conspicuous in your health, I contend that the avoid of unhealthy foods, ones containing much fat, fast foods, etc., is the most influencing and feasible way. In what follows, I will elaborate on my viewpoint.

The first reason and paramount one is that nowadays, not only is there much less daily physical-activity due to the lots of office jobs and urban life-style, but burning fat and consuming energies gained from eating food is tiring and difficult. In every day of our life, we use public transportation service or our car so as to go to office, home, etc. Besides, our works are most of them behind a personal computer and on a seat. However, these activities are not enough to burn fat tissues in your body. To exemplify, an hour of swimming, one of the most energy-consuming sports, burns only 700Cal that is contained in just 3 breads. So, it is better to refine your food quality instead of exercising. Obesity, now, is a worldwide issue.

The second reason deserving to be mentioned here is that the availability of unhealthy foods makes paying attention to food of great importance. It is necessary to know your diet contains all of nutrients your body needs because There will be severe health conditions if your diet does not contain only one vitamin. To exemplify, consider vitamin D that is necessary for your body immune system. The more you lack this vitamin, the more you will be prone to several diseases. In despite of the fact that many people know this, they do not care because most of the time fast-foods are more convenient and even more economical than healthy foods.

One of the key factors in your health is the food you eat. It is more important than exercising because of the hardship in burning fats, the dominant nutrient in low-quality foods. Healthy diet must include milk, vegetable, meat, egg, fruit, etc. In other words, it must contain each of the nutrients necessary to your body and should not exceed a certain limit. A balance of acquiring and consuming these nutrients should be maintained.