**HEALTHY LIVING**



Healthy living is a way of consciously maintaining a lifestylethat lowers the risk of being seriously ill or dying early. It can prevent one from several illnesses and diseases that lead to early death.

There are seven major classes of nutrients: carbohydrates, fats, dietary fiber, minerals, proteins, vitamins and water. These nutrient classes can be categorized as either macronutrients (needed in relatively large amounts) or micronutrients (needed in smaller quantities). The macro nutrients are carbohydrates, fats, fiber, proteins, and water (provide structural material energy) while the micronutrients are minerals and vitamins.

At young age, children require foods rich in all the seven major classes of nutrients and many more, but as they grow older, more attention should be given to daily intake of fruits and vegetables, 1,300 milligrams (mg) of calcium, protein to build muscles and organs, whole grains for energy, iron-rich foods and limiting fat. Older adults generally need fewer calories.

Smoking, excessive alcohol intake, inactivity, unhealthy foods, obesity and other unhealthy habits are detrimental to health which must be controlled. Health research has proven that exercising the body regularly keeps illnesses and diseases at bay. Exercise delivers oxygen and nutrients to the tissues and helps cardiovascular system work more efficiently. Hence, providing more energy to tackle daily chores.

Eat healthy, register in a Gym or cultivate the habit of exercising daily, avoid unhealthy habits. Remember “Physical fitness is the first requisite of happiness.” – Joseph Pilates.

Thank you for joining today’s Monday Health Burst!