

## Fitness and Nutrition

To stay fit, one needs to exercise. To stay healthy and well nourished, one needs to eat the correct diet. Exercise does not have to mean spending hours in the gym, and a diet does not necessarily mean cutting out all those good things we crave! But you do need to find a balance which suits you. Sticking to a healthy diet and fitness plan will ensure your body is well nourished and healthy. The thought of exercise makes most people cringe, myself included. But not all exercise has to be a chore. Why not take up a new sport which you might enjoy? For example, a dance class. Before you know it, the class will be over, you will have enjoyed yourself thoroughly and there's your exercise for the day! This will of course keep your fitness level where it should be - at peak! Meal times also don't have to turn into a bad part of the day. There are so many diet plans out today. Everyone has their own ideas. Find the one which best suits you and stick to it! Your nutrition is essential and the best things for good nutrition are fruit and vegetables. One of the simplest diets would be to just watch what you eat. Stay away from things which are too fatty, or refined. And include fruit and vegetables in every meal or snack. Remember also to drink lots of water – especially if you are working out or playing a sport! When you sweat you lose bodily fluids which have to be replaced. Drink water before, during and after a workout. Drink water when you're not working out! But be sure to drink an average of 2 litres a day. Only drink a sports drink if really necessary. Sports drinks are more for the seasoned athlete, who really needs to replace those carbohydrates he is burning. For those of us who are trying to lose weight or simply stay fit, water is sufficient. When it comes to fitness and nutrition you must take everything into consideration. Decide what it is you want (to lose weight, to build muscle?) and work towards that goal. Remember that diet is as important as exercise, as exercise is as important as diet. Find your balance and welcome to fitness and nutrition which will make you feel your best!

## About the Author

Learn how to get started on your exercise program from your About.com Exercise.

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