



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIIF): 5.38
IJPESH 2023; 10(3): 37-38
© 2023 IJPESH
www.kheljournal.com
Received: 03-03-2023
Accepted: 16-04-2023

Sanju Kumari
Assistant Professor, GCW,
Loharu, Haryana, India

Importance of diet and exercise for good health of women

Sanju Kumari

DOI: <https://doi.org/10.22271/kheljournal.2023.v10.i3a.2923>

Abstract

This paper aims to study the importance of good nutritional diet and regular exercises in building our good health. The state of being free from any kind of disease and injury is said to be a good health. It refers to the state of complete emotional, social, physical and mental well being. In diet our choice plays an important role because our health is responsible on what we eat. Our diet and exercise can help us to reach and maintain a healthy weight when combined with physical activity, reduce your risk of chronic diseases and promote your overall health. Exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. Regular exercise can also lower your blood pressure and triglyceride levels.

Keywords: Health, nutrition, exercise, disease

Introduction

Knowledge of nutrition along with education of both the general public, and particularly health professionals is important if one has to lead a healthy life style. Health issues like heart disease, cancer, and stroke have become more common these days. Our lifestyles, with proper nutrition, health habit discipline, and exercise programming, will have a great impact on personal health, and will help reduce our current catastrophic medical care expenditures. The risk factors for adult chronic diseases, (like hypertension and diabetes) are increasingly seen in younger ages which are often a result of unhealthy eating habits and increased weight. Dietary habits established in childhood are carried into adulthood that is why teaching children how to eat healthy at a young age will help them stay healthy throughout their life. It has been time and again proved that the bridge between good nutrition and healthy weight, reduced chronic disease risk, and overall health is too important to ignore.

Carbohydrates, fats, and proteins provide the energy your body needs to carry out all the biochemical reactions that occur throughout the day. The energy is measured in calories (kilocalories, technically, but we usually just call them calories). Gram for gram, fat has more calories than either carbohydrates or protein; one gram fat has nine calories, and the other two have four calories per gram. Fats, proteins, and minerals are used as raw materials to build and maintain tissues, organs and other structures such as bones and teeth. Carbohydrates aren't on this list, but your body can take any extra carbohydrates and convert them into fat, which can be stored in adipose tissue.

The dictionary definition of "nutrient" is something which provides nourishment. But in the field of nutrition and diet, nutrients are more specific. In fact, there are six specific categories of nutrients, all of which are necessary to sustain life:

1. Carbohydrates
2. Protein
3. Fats
4. Minerals
5. Vitamins
6. Water

Corresponding Author:
Sanju Kumari
Assistant Professor, GCW,
Loharu, Haryana, India

Proteins are often called the body's building blocks. They are used to build and repair tissues. They help you fight infection. Your body uses extra protein for energy. The protein foods group includes seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds. Protein is also found in the dairy group. Protein from plant sources tends to be lower in saturated fat, contains no cholesterol, and provides fiber and other health-promoting nutrients.

Carbohydrates are the body's main source of energy. The fruit, vegetables, dairy, and grain food groups all contain carbohydrates. Sweeteners like sugar, honey, and syrup and foods with added sugars like candy, soft drinks, and cookies also contain carbohydrates. Try to get most of your carbohydrates from fruits, vegetables, fat-free and low-fat dairy and whole grains rather than added sugars or refined grains.

Fats give us energy, and they help the body absorb certain vitamins. Essential fatty acids help the body function, but they aren't made by your body—you have to consume them. Many foods naturally contain fats, including dairy products; meats, poultry, seafood, and eggs; and seeds, nuts, avocados, and coconuts.

Vitamins and minerals are considered essential nutrients—because acting in concert, they perform hundreds of roles in the body. They help shore up bones, heal wounds, and bolster your immune system. They also convert food into energy, and repair cellular damage. Vitamins and minerals are essential nutrients because they perform hundreds of roles in the body.

Water: Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. The amount of water you need depends on a variety of factors, including the climate you live in, how physically active you are, and whether you're experiencing an illness or have any other health problems.

Points to remember while choosing your diet

- To eat a variety of foods from each group and stay within the recommended servings listed.
- To choose foods those are low in fat and sugar.
- To choose and prepare foods those are low in salt.
- To learn to read and understand food labels.

Importance of exercises

1. **Help you control your weight:** Along with diet, exercise plays an important role in controlling your weight and preventing obesity. To maintain your weight, the calories you eat and drink must equal the energy you burn. To lose weight, you must use more calories than you eat and drink.
2. **Reduce your risk of heart diseases:** Exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. Regular exercise can also lower your blood pressure and triglyceride levels.
3. **Help your body manage blood sugar and insulin levels:** Exercise can lower your blood sugar level and help your insulin work well. This can cut down your risk for metabolic syndrome and type 2 diabetes. And if you already have one of those diseases, exercise can help you

to manage it.

4. **Improve your mental health and mood:** During exercise, your body releases chemicals that can improve your mood and make you feel more relaxed. This can help you deal with stress and reduce your risk of depression.
5. **Help keep your thinking, learning, and judgment skills sharp as you age:** Exercise stimulates your body to release proteins and other chemicals that improve the structure and function of your brain.

When combined with a healthy diet, regular physical activity can improve your overall health by helping you to:

1. To maintain a healthy weight it is recommended that you do 150 to 300 min of movement every week, but you may break that up into 10-min sessions at a time.
2. In preventing diseases like type 2 diabetes, cancer, heart disease, high blood pressure and chronic kidney disease.
3. It can make you feel happier.
4. It can help with weight loss.
5. It is good for your muscles and bones.
6. It can increase your energy levels.
7. It can reduce your risk of chronic disease.
8. It can help skin health.
9. It can help your brain health and memory.
10. It can help with relaxation and sleep quality.

Conclusion

When you consume good nutritional diet, you're consuming natural and healthy foods that can help your body. On the other hand exercise improves your immune system as well as makes your digestion system so good to work. Obesity can weaken someone's immune system, therefore if a person not doing exercise regularly having more chances of getting sick from infections. Good nutrition and regular exercise can benefit you on many levels. Exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. Healthy diet and regular exercise are the best techniques to improve your health and your quality of life which is really important.

References

1. <https://www.nutrition.org.uk/healthyliving/basics.html>
2. Shang Nan, Chaplot Shreyak, Wu J. Food proteins for health and nutrition; c2018. 10.1016/B978-0-08-100722-8.00013-9.
3. Villanueva Tiago, Khan Karim. Exercise for good health; c2004. BMJ. 329. 0407266. 10.1136/sbmj.0407266.
4. Prieto Olivia. Good food good health. Nursing New Zealand (Wellington, N.Z.: 1995). 2014;20:32.
5. Blades M. Good health through nutrition. Community nurse. 1998;4:39.
6. Mansilla Fatima. Steps for a Good Health; c2018.
7. Berg A. Lifestyle as a basis for a good health. Internistische Praxis. 2006;46:359-364.
8. Kumari Shobha. Shobha Kumari Mother Health and Nutrition; c2020.