Healthy Diet and regulatory physical exercise are both extremely important characteristics of an efficient lifestyle. Thanks to modern day clinical study, we have encountered countless breakthroughs about the most effective ways to apply correct nutrition and repetitive stress to your body in order to obtain the physical stature you desire. Because of various forms of distraction and false advertisement, there is an uprise of false fallacies occurring in terms of what it means to be living a correct healthy lifestyle in prese. An individual could be portrayed as having a fit body because they exercise frequently, but on the inside they are extremely malnourished because of lack of a healthy diet. On the other hand, someone could be seen as overweight and out of shape because of lack of exercise, but inside their body they are thriving with healthy organs and bones because of a correctly balanced diet. Researchers are on a mission to show that in order to live the healthy lifestyle so many individuals are craving, there has to be a correct balance between one's diet and exercise strategy day to day. Sifting through a large spectrum of this research has shown me that the focus is on three main primary areas: How to fulfil personal nutritional requirements, How to correctly exercise one's body and the after effects that occur, and what happens to one's cognitive function when diet and physical exercise are correctly balanced vs unbalanced.
Sources that discuss proper diet focus on how to correlate proper nutrition based on your body type. This is the first step to understand in order to be able to correctly co-mingle diet with exercise. An example of this part of the research comes from Authors Ronald E. Mickens, Denise N. Brewley and Matasha L. Russell. (Mickens, “A model for dieting”) They collaborated a dieting model that was published in the Society for Industrial and Applied Mathematics. In this model they describe how a diet consists of determining the amount of calories to intake based on various factors such as your BMI (Body Mass index), and your level of physical activity in order to calculate the best form of dieting for each individual. Another Source that connects to Mickens Model of dieting is from Author Joseph A. Walsh. Walsh describes many aspects of Mickens model through his connection between “Obesity and the first law of thermodynamics.” Mickens describes calculations to best fit an individual in terms of energy consumption, But Walsh simplifies these complex calculations when he discusses the first law of Thermodynamics. This law states that “energy can be transformed from one form to another, but neither can it be created nor it can be destroyed” (Walsh, Obesity Vs. The first law of thermodynamics). In other words, walsh discusses that in order to fight obesity, one needs to know that weight gain is caused from consuming more energy than your body releases.

While correct dieting is a vital piece of successful healthy living, Learning how to correctly perform physical exercise is put on a large emphasis in multiple sources that are a part of this research. For example, the obesity epidemic that is sweeping across the united states of America is thought to be largely due to inadequate knowledge about correct exercise habits. Mike Lean, Jose Lara and James O Hill published an article in the “British Medical Journal” that
discusses techniques to cut down the rate of Obesity being witnessed on a national level. They discuss how in order to prevent obesity, you have to be able to put the type of stress on your body that applies to your physique. This connects to the sources discussing proper dieting because just as a diet has to be balanced according to one's body, the type of exercise you are putting your body through along with the duration of the exercise has to be balanced. The benefits of correctly following these sources information in order to workout correctly are shown in various studies such as an entry written by Rochelle M Eime, Janet A Young, Jack T Harvey, Melanie J Charity and Warren R Payne that has been published into the International Journal of Behavioral Nutrition and Physical Activity. In his article these researches dive into the benefits that Physical activity has on adolescents in terms of Psychological growth and social health. The conclusion of their research found that “there were many different psychological and social health benefits reported, with the most common occurrence being improved self-esteem and social interaction followed by fewer depressive symptoms.” (Eime) This connects to another study led by G. Cooney, K. Dwan, and G. Mead that deals with the “Effects that Physical Activity has on Depression.” The trials that were conducted provided extensive information, informing the researchers that “Exercise was associated with a greater reduction in depression scores compared with control.” (Cooney) Both of these sources discuss the benefits that physical activity activity has on an individual, although they go about their research through different types of clinical testing.

While Physical activity can have positive effects on one's cognitive function during the day, other sources are claiming that your cognitive ability can be effected during your sleep as
well. Helen S Driver wrote paper that reviews the association between exercise and sleep. Driver was trying to prove that different forms of exercise promote healthier sleep. This article was published by “Harcourt Publishers Ltd.” Her article which is called “Exercise and sleep” talks about how after going through the steps of testing her theory, Driver came to the conclusion that exercise and sleep promotion have a direct correlation. From the sources that have been examined so far discussing physical activity, all have a common occurrence of stating that physical activity (when performed correctly) has beneficial values to your Physique and mental state.

Yes, there is research that explains the benefits of Physical exercise, but there is other research that counters these arguments. For example, Olga Khazan wrote an article called “Exercise in Futility” which was published by the “Atlantic Media Company.” In this article, Khazan discusses how in the United States there is a huge uprising in the amount of time that is put into physical activity, yet the obesity rates in the U.S are higher than they have ever been. This occurrence according to Khazan is because of too much emphasis on physical activity and not enough toward proper diet. Her claim is that you should focus mainly on your diet and not worry about the exercise because of various studies that show describe how exercise has a limited effect on weight loss, and it’s far less reliable than watching your diet.

The various sources that are being used for this argument go about their research in a way that you are able to break it down into 3 main points: How to fulfil personal nutritional requirements, How to correctly exercise one's body and the after effects that occur, and what happens to one's cognitive function when diet and physical exercise are correctly balanced vs
unbalanced. The main objective is to thoroughly present statistics and research which reinforces the idea that yes, diet and exercise are both factors that impact the outcome of a healthy life, but when putting both together and being able to effectively find a balance the two, you will effectively be able to get the most benefit that a healthy diet and the correct amount/form of exercise can do for your body and your mind.