Healthy living, A true balancing act

The pursuit of happiness. A path that most people in the world travel on in hopes to one day find the key to living a healthy fulfilling life. While there is no credible response that describe what the true key to happiness is, theory suggests that a good starting point on the road to happiness starts with internal happiness. When you are physically and mentally healthy, you have an immense amount opportunity to live your life to its full potential. What needs to be done in order to maintain a healthy lifestyle? The answer revolves around the word balance. One first aspect of a healthy body is knowing how to put the proper nutrients into your body. The second part is being able to implement an active physical lifestyle to your daily routine. The struggle happening in modern day society is being able to correctly perform part 3: Being able to balance your diet with your Physical activity regimen. Now more than ever, the emphasis for a healthy diet and the strain to get people more active is huge. Recent clinical studies have been putting more time and effort into seeing what happens when diet and physical activity are not synced. Through examination from various sources regarding the topic, the evidence shows that while yes, diet and exercise are both important aspects of a healthy lifestyle, If you do not properly balance the type/amount of nutrition you need based off of the the amount/duration of your physical activity, you will not full access to the benefits associated in a healthy lifestyle.

In order to be able to balance one’s diet with their exercise, You first need to be able to understand how to perform each skill. This will help you further understand all of the personal
benefits and how they are connected. In regards to dieting, there is many theories which are passed around on how to properly diet. One man decided to create a mathematical model of the correct way to balance out one’s caloric intake. His name is Ronald E. Mickens. They collaborated a dieting model that was published in the Society for Industrial and Applied Mathematics. In this model they describe how to calculate a proper diet by 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. He then proceeds with the proper steps to implement your personalized diet. A large portion of Mickens model goes over how to create and apply proper diet into your life. He then wraps his model up with his claim on the simplest way to benefit from proper nutrition. “The simplest strategy is to let both the food intake and exercise regimen be constant over a convenient and meaningful time interval” (Mickens, 699). Once you apply Mickens algorithms to your personal traits, you are performing the first step to a healthy balance between exercise and nutrition.

Once you understand proper diet, you then have to understand what it takes to get the correct amount of physical activity in your day. According to the Centers for Disease Control and Prevention and the American College of Sports Medicine, “The average adult should perform at least 30 minutes of moderate-intense exercise every day”(Pate RR, Center for DCP). When you physically exercise, your body naturally reacts to the stress you apply to it in a way that is fit for you and you alone. There are different forms of exercise meant for different forms of gain, but in a general standpoint, if you are able to stay active every day for at least 30 min,
you will gain a large amount of momentum toward a constant healthy lifestyle. Without exercise, dieting is not going to be all it takes to stay healthy.

Various studies are proving evidence surrounding the effects that Physical activity has on the human body and the brain's cognitive ability. An example of these studies comes from a paper 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. These sources provide accurate information that allows one to confidently say that physical activity when done the right way is a major part of a correct healthy lifestyle.
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.

After you gain the knowledge behind how to properly diet and how to correctly exercise, you must then be shown how to correctly balance the two. Various complications can arise if exercise and diet are not correctly synced. For example, A man named Joseph A. Walsh shows an example of unbalanced ratios in regards to diet and exercise by explaining the linear connection between obesity and the first law of thermodynamics. The definition of that law is 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). Walsh says that obesity occurs when one does not recognize this law. If you consume more food than you burn through exercise, your body will store that excess energy as fat in the body, thus causing obesity.
Although the sources that were used in this research argument discussed different aspects of the broad topic that is proper nutrition and physical activity, they all gave evidence and reason that proves why balance between the two is so necessary. Yes, diet and exercise are both important aspects of a healthy lifestyle, but if you do not properly balance the type/amount of nutrition you need based off of the amount/duration of your physical activity, you will not full access to the benefits associated in a healthy lifestyle. The answer revolves around the word balance. One first aspect of a healthy body is knowing how to put the proper nutrients into your body. The second part is being able to implement an active physical lifestyle to your daily routine. The struggle happening in modern day society is being able to correctly perform part 3: Being able to balance your diet with your physical activity regimen.
Citations:


