Eating Healthy Essay, Research Paper

Staying healthy and eating right is a lifestyle that many people should

consider. A juicy hamburger from McDonalds dripping with special sauce topped

with cheese is not exactly considered a healthy meal. Our society today is busy

and on the go at all times. It is so much easier to stop and get fast food and

then continue on. However, we should stop and think; is it really worth it to

not eat right and exercise? Studies have shown, people that eat right and

exercise live longer. Eating fattening foods clogs your heart with cholesterol

and fat. People that do not exercise and continue to eat unhealthy foods will

slow their metabolism. This is why over 70% of our society are overweight today.

My grandfather has had problems with his heart in the past mostly because he was

very overweight and eating the wrong foods. The doctor advised him to exercise

and eat right. Now, after two years of following this advice, his heart is

stronger than ever. The doctor informed him that at least ten years has been

added to his life. Exercising and eating right really does help you to live

longer. Eating healthy foods and exercising also helps to build persons

self-esteem. Many people who are overweight do not feel good about themselves.

They want to be thinner but instead of doing it the right way, they try crash

diets that seem to always fail or do nothing at all about their condition. If we

would exercise at least 45 minutes per day, 3 to 4 times per week, it is

guaranteed that we lose weight and get in shape. When a person is at the size

and stature that they would like to be then their self-esteem rises. If one has

a good attitude and think they look great then more than likely other people

will also. When one exercises and eats good foods then they also physically feel

great. The fact that one has just spent an hour on the treadmill and a salad was

for dinner makes a person feel as if they are really accomplishing something. If

people would realize what a great feeling a person gets from working out and

eating healthy foods then everyone would be doing it. It is a lifestyle that

people should adopt and live by. It should also make one feel good that they are

doing something to better themselves. All of us have areas that we can improve

on. By improving our physical imperfections it makes us feel great. Some people

were raised to eat everything on their plate whether it was healthy or not. If

your mom made the food, then it was eaten. What our generation should do is

learn from our parents? mistakes. We should start cooking our children

healthier foods so that they will grow up knowing and living healthier

lifestyles. Others say that there is just not enough time to exercise or that

fat free foods don?t taste as good as fattening foods. However, we should make

the time to exercise so that we can improve our mental and physical state. Also,

there are now even fat free potato chips on the market that taste exactly the

same as regular potato chips. Some people say that problems make them eat more,

but we should practice more self-control during times that we are having

problems. There are also the people that say they are not able to exercise

because of physical problems, however, they are still able to eat healthy foods.

In fact, people that do suffer from physical ailments and are not able to

exercise should be that much more interested in learning to eat healthy. These

excuses for choosing to live unhealthy in my opinion are just that; excuses! It

is now time to make our choice. A healthy lifestyle and learning to exercise

will benefit each one of us. Will we continue to live as unhealthy blobs, or

will we take a little time out of our busy schedules so that we can live longer,

raise our self-esteem, and feel great?