

Being Healthy Have Many Benefits

Contributed by Webmaster

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Living a life of health and fitness may seem a huge sacrifice but the rewards are truly immeasurable. Not only will you be able to enjoy your life a little bit longer, you can also live it while looking good and looking young.

You don't believe us? Here is a rundown of the benefits that healthy living can give. Read on and you may be tempted to leave the dark unhealthy side.

1. Active body Eating the right kinds of food and keeping your body in shape will result to having more energy and that will spill over to your work and your "play" time. You will be more active and will have more chance to shine in your line of work. People who are active also come across as more capable and more independent. They are also perceived as more approachable, confident and charming.

2. Younger looking People who live healthy are younger looking than those who smoke and drink in excess. This is because chemicals in alcoholic drinks and cigarettes dry up the skin and create a more older appearance. Chemicals in the body also reduce the nutrients that go into the body, thus depriving the body of vitamins and minerals that keep the skin and other organs healthy and functioning.

Being young looking of course gives you a whole set of benefits, from a remarkable love life to success with career and in your social life. After all, whether we admit it or not, appearance do count in a lot of ways and being young looking and attractive can take you in places. As shallow as it seems, you will have more friends and more romantic involvements. Everybody loves beautiful people.

3. Clear thinking It is not true that chemicals in alcoholic drinks and cigarettes and drugs can amp up creativity levels. These are actually just short-lived and as studies have shown, only in the mind. People who eat and live healthy are more able to think clearly. They are more able to focus on the jobs at hand and therefore are able to accomplish much with their work than other people. They are also more dependable when given instructions and their memories are often clear and good.

4. No illness People who live a healthy lifestyle are well, healthy. They are not prone to sickness that can slow down a person's achievement levels. Thus, these people accomplish much of what they set out to do. They are not hampered by problems with their health or appointments with doctors that they have to go to. These people rarely take a leave of absence and when they do, they will often take a vacation and just relax. They don't take a leave because they are sick.

5. Emotionally-secure Although there really is no direct relationship, people who live a life of health and fitness are happier. They are able to enjoy their life more and are not distracted by odd habits and health problems. They also have less worries and are able to cope better with stressors. This is perhaps because they do not need to rely on chemicals for coping with the hardships that they encounter. Early on, they have developed natural coping strategies that can help them get through the daily grind.

Learn about allergies facts and migraine facts at the [Health And Nutrition site](#).