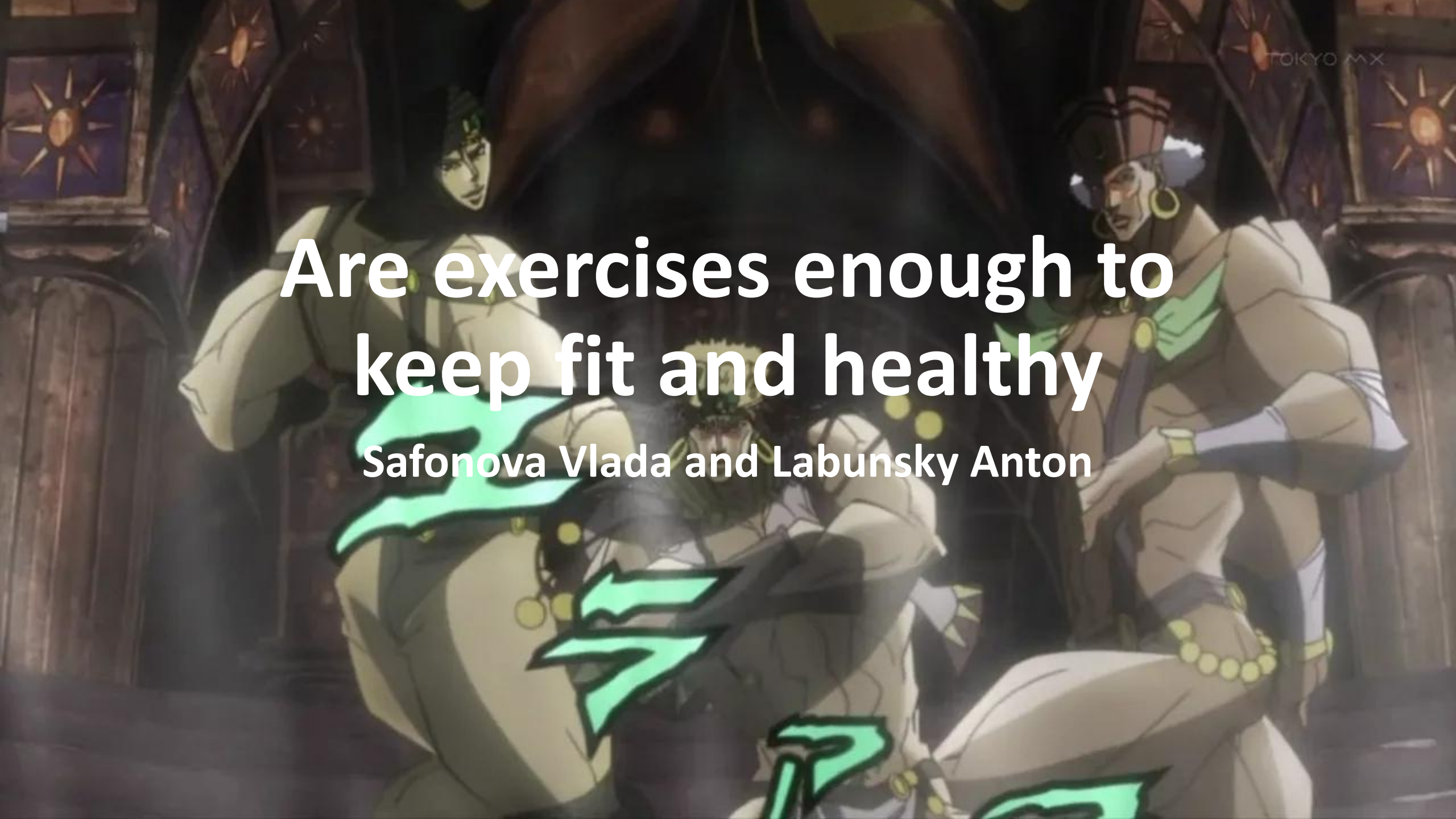


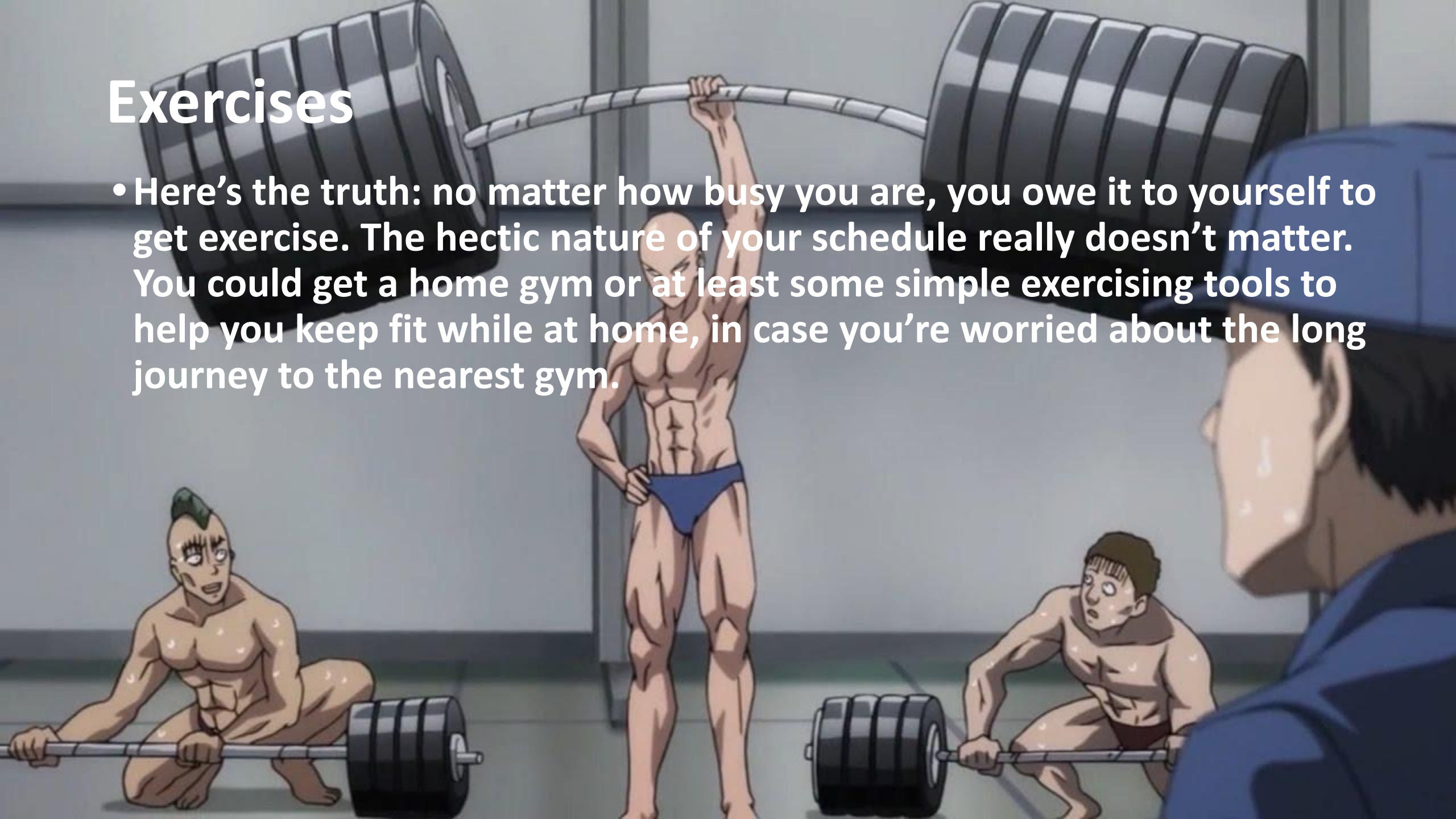
# Are exercises enough to keep fit and healthy

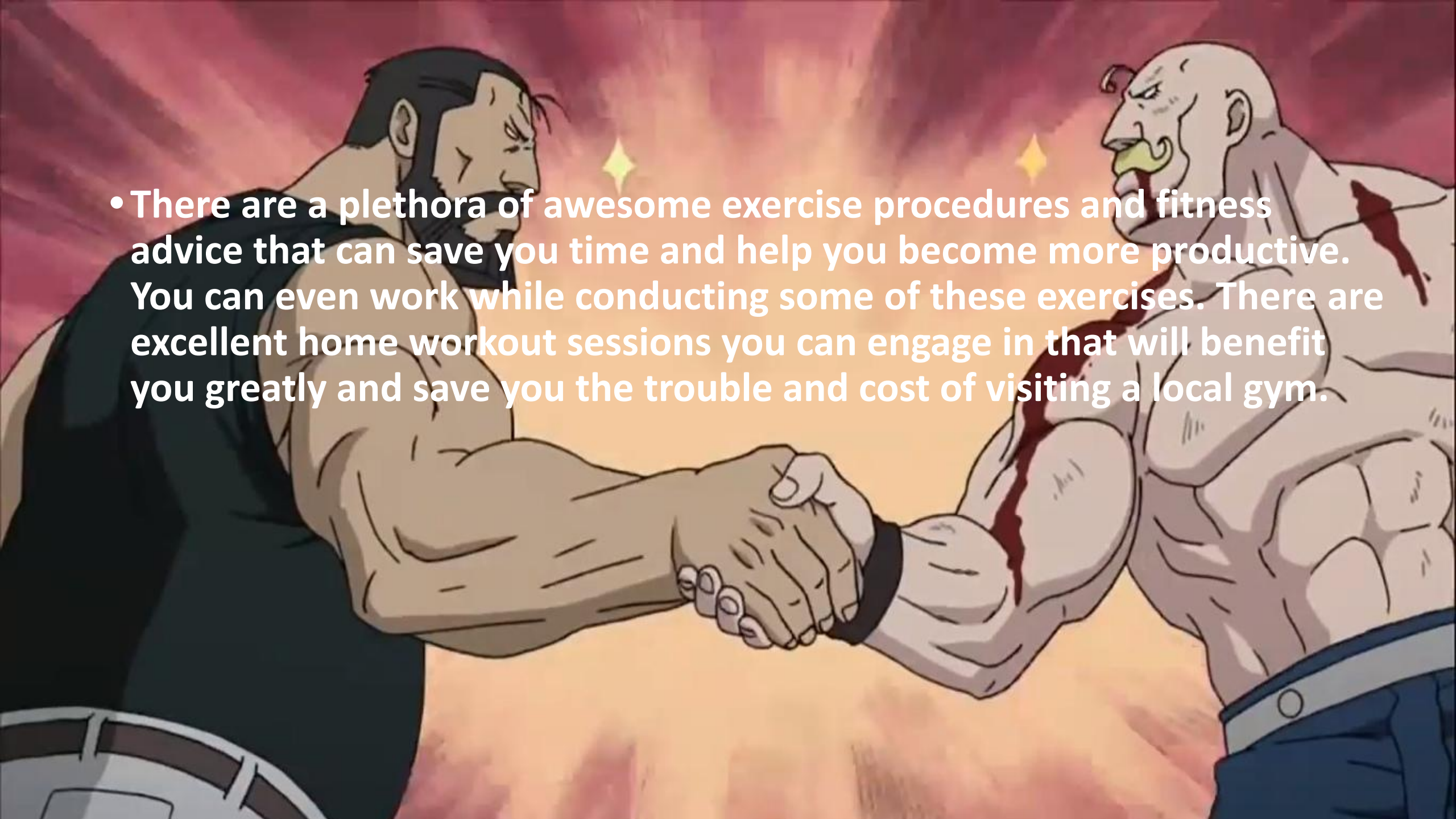
Safonova Vlada and Labunsky Anton



# Exercises

- Here's the truth: no matter how busy you are, you owe it to yourself to get exercise. The hectic nature of your schedule really doesn't matter. You could get a home gym or at least some simple exercising tools to help you keep fit while at home, in case you're worried about the long journey to the nearest gym.



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- An illustration of two muscular men shaking hands. The man on the left has dark hair and a beard, wearing a dark blue tank top. The man on the right is bald with a yellow mustache, wearing a blue shirt. They are set against a background of red and orange flames with yellow sparkles. A white text box is overlaid on the image.
- There are a plethora of awesome exercise procedures and fitness advice that can save you time and help you become more productive. You can even work while conducting some of these exercises. There are excellent home workout sessions you can engage in that will benefit you greatly and save you the trouble and cost of visiting a local gym.

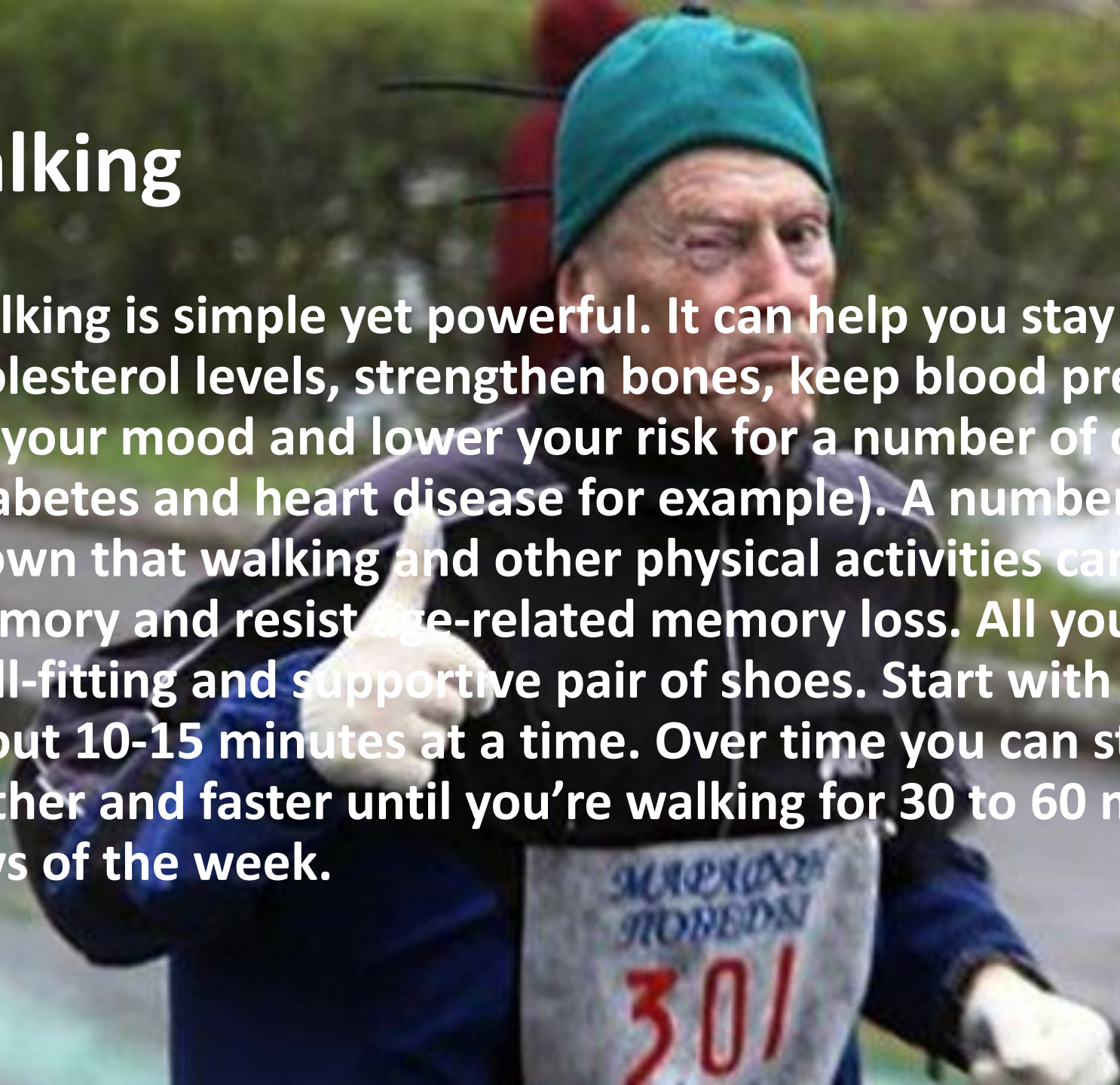
# The plank

- The plank is one of the best exercises because it tightens the deepest core muscles. It's a static exercise where you use your arms to raise yourself off the floor and hold the whole body straight and rigid, like a plank of wood. You can do it anywhere, you don't need any equipment and it only takes a minute (literally). What's more, it is more effective than sit-ups and crunches because these work only the superficial abdominal muscles.



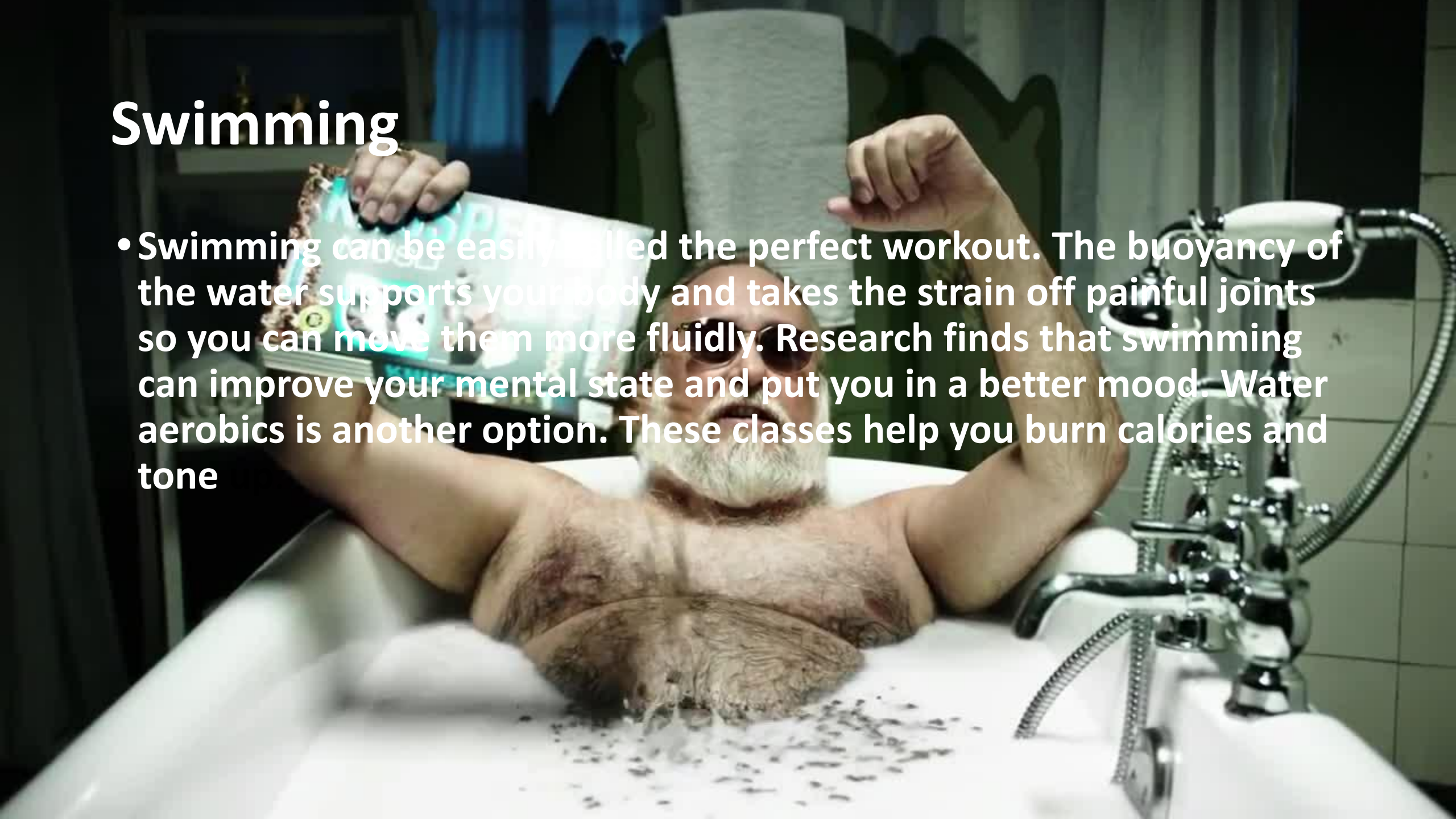
# Walking

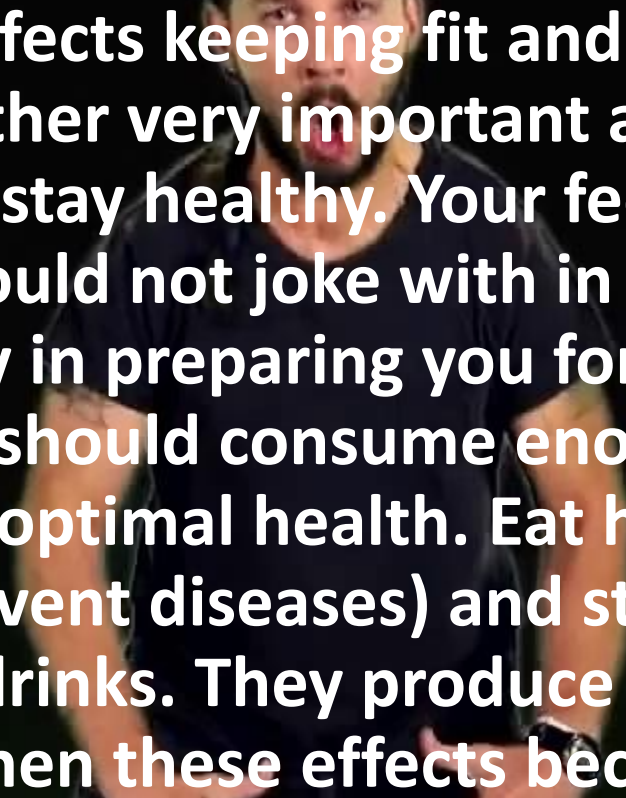
- Walking is simple yet powerful. It can help you stay trim, improve cholesterol levels, strengthen bones, keep blood pressure in check, lift your mood and lower your risk for a number of diseases (diabetes and heart disease for example). A number of studies have shown that walking and other physical activities can improve memory and resist age-related memory loss. All you need is a well-fitting and supportive pair of shoes. Start with walking for about 10-15 minutes at a time. Over time you can start to walk farther and faster until you're walking for 30 to 60 minutes on most days of the week.



# Swimming

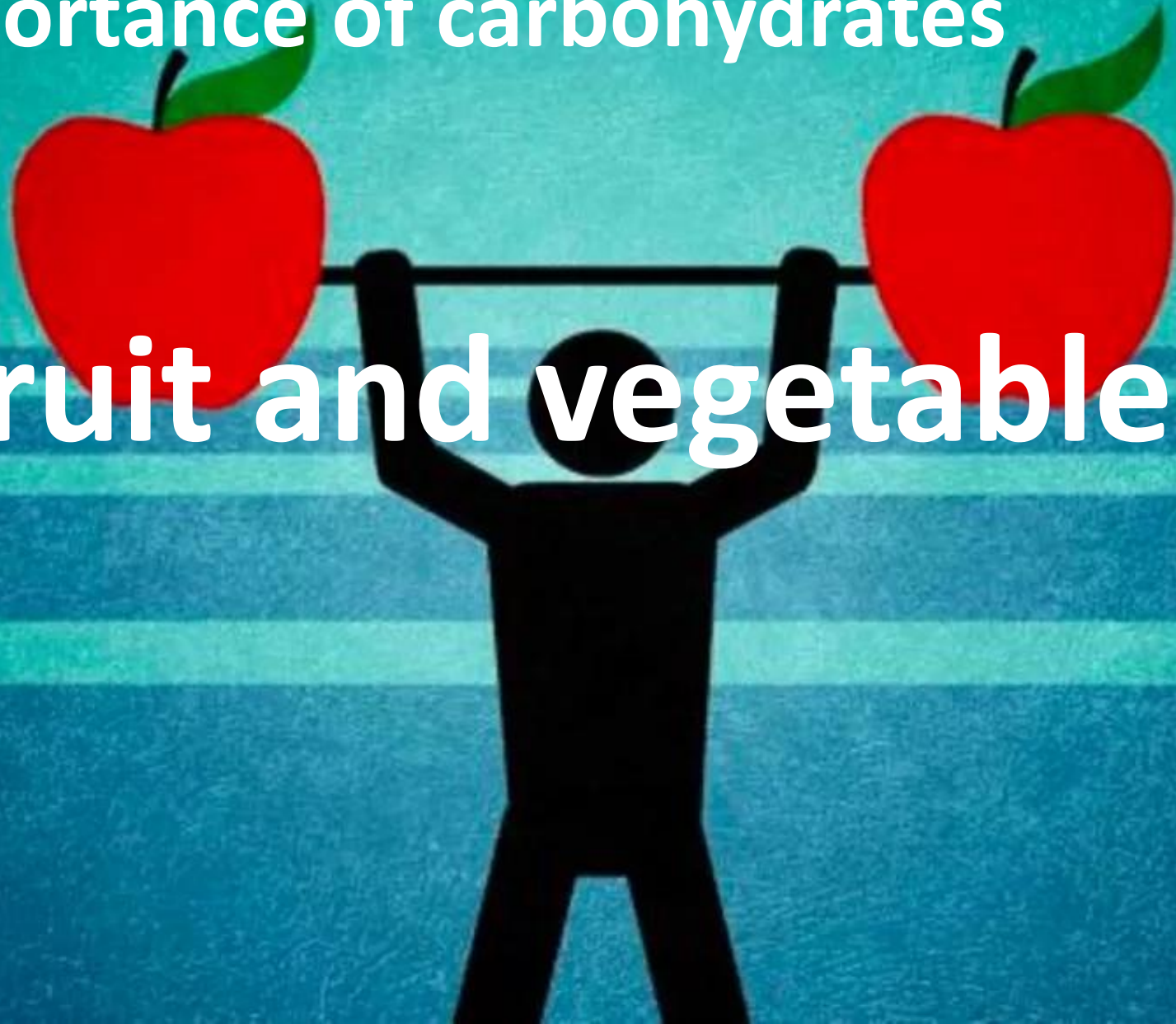
- Swimming can be easily called the perfect workout. The buoyancy of the water supports your body and takes the strain off painful joints so you can move them more fluidly. Research finds that swimming can improve your mental state and put you in a better mood. Water aerobics is another option. These classes help you burn calories and tone



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- **But not only exercise affects keeping fit and health. You need also eat healthy. This is another very important aspect that needs to be gotten right in order to stay healthy. Your feeding habits are a part of your life that you should not joke with in any way at all. The food you eat goes a long way in preparing you for the day, although you might not know it. You should consume enough and appropriate food in order to stay in optimal health. Eat healthy food (fruits are highly important to prevent diseases) and stay off junks, fattening foods and carbonated drinks. They produce gradual effects but the main problem arises when these effects become pronounced.**

The importance of carbohydrates

Fruit and vegetables





# Protein



A top-down view of various healthy fats arranged on a rustic wooden surface. In the upper left, two halves of a green avocado are shown. To their right, a wooden bowl is filled with a mix of walnuts and hazelnuts. Below the avocados, a clear glass bowl contains a golden-yellow liquid, likely olive oil. In the lower center, a large, fresh piece of salmon fillet with distinct white marbling is placed on a white paper napkin. Scattered around the oil bowl and salmon are several light-colored, almond-like seeds. On the right side, a whole green avocado is partially visible. The text "Healthy fats" is overlaid in white, bold font across the center of the image.

# Healthy fats

# Try Reducing Stress

- **Stress is one of the factors that instigate fatigue and exhaustion. When you have too much on your plate, the chances of you getting easily stressed out are increased exponentially. As much as you possibly can, reduce stress to the barest minimum. Make sure that you have your day planned out, arrange everything around you and know what everything is and what it does. Organization is one of the keys to a long and healthy life.**