

## Unfortunate Lifestyles

We currently live in society which judges you in terms of Education Qualification, Social Skills, Authority and how much Money you Make. But unfortunately we miss one of the most precious Key Element known as, "Health".

I am a Huge Enthusiast in Kinesiology, Endocrinology, Neurology, Nutrition and Human Evolution throughout History (Physically, Mentally, And Subconsciously). I have been into Fitness for 3 Years from Now. Which considerably makes me an Appropriate Person to write this Article.

Being into fitness following a regime and a Dedicated Nutrition is a Minority. Not only in India but this is the Story of every Country. As per Statistics from India Today by the year 2025 India will be 2<sup>nd</sup> in terms of obese Children after America. *After this some readers might have a perception that, I'm Fat shaming but that's not the Case.*

Being Overweight in term of High Body fat Composition and an Unhealthy Lifestyle will deteriorate the quality of your life.

**"I Highly Recommend to Read the Complete Article to get a Perfect Vision on how I want to be interpreted".**

We tend to wake in the morning and leave for work /school without having an Effective Solid Breakfast. And have Tea or Snacks in the Workplace or School/Universities.

But do we realize that this small habit might turn into some bad Consequences in the Future.

A Phrase says," **Once you see Result, It Becomes an Addiction**". The Effect of being happy is a Result, and the Desire to feel Happy Having Inappropriate food is an Addiction.

**" We are not Addicted to the substance. We are Addicted to the Mood alteration of that Substance".**

I don't say that we don't need sugar to Function. *Sugar is be Very Beneficial when it is consumed in Proportion.*

Age 1-19 Years is the Age where we Need the Most Nutrition. But Unfortunately Some Parents tend to give their Children Sugary Cereals instead of giving them Nutritious Solid Food first thing in the Morning as they are Easy to Make and Consume. Our bodies are structured in a way that we absorb the Most Nutrition in the Morning and after a Rigorous training Session.

When a Person is trying to Achieve Some Goal in Terms of Fitness. He will Quit Because He has stopped getting Result. Some might get Results Quickly or Some Gradually. But we must stay Persistent to Achieve.

Losing weight is Little Difficult Task for Women as they have different Biology. But it is Possible.

**Some of the Small Changes to Healthy Lifestyle:**

- Never Skip Breakfast.
- Stay Hydrated.
- Maintain a Good Hygiene.
- Wake up in the morning even when you don't want to.
- Get into some physical activity.
- Have less food as it gets darker.
- Communicate with the People who love and inspires you.
- Stay motivated.
- Track your Nutrition.
- Avoid Inappropriate Occasions of having Junk Food.
- Have a good Quality 8 Hours Sleep.
- Smile, laugh and Stay Happy.

**Small Changes can make a Huge Impact on your Quality of Life.**

**Health is not just physical. It's about being Healthy in all Aspect.**



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