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Healthy Body - Healthy Mind

Fast food diets, low calorie diets, and low cholesterol diets are just a few of the popular [diet](#) and exercise programs for people to achieve a healthy [lifestyle](#). A healthy body does not come from a book or plan that some 'health genius' composes and sells. The body is a complex machine that works in a simple mechanism: it needs a certain ratio of carbohydrates, proteins, and fats along with vitamins and minerals to maintain optimum health.

It becomes more difficult to achieve a healthy body with all the highly processed and preservative filled foods on the market. Healthy foods are harder to find and often more expensive. In the long run you will reap the rewards from eating a healthy diet. Less sick days, more vitality and basically a more active healthier, longer life.

Each weight loss or diet program can provide you with the essential information needed to understand what you must do for reaching your goals, but where lots of them stop is in guiding you to nutritional food sources. Diets and weight loss programs that deliver food to your door are becoming more and more popular because of the ease of access, the well rationed food portions and quality of food you receive. These foods are often full of preservatives and salt.

You must understand that having a healthy body is not possible unless you make it a lifestyle. It sounds ironic, but unfortunately most people believe you can have a life of junk food, high fat/cholesterol food (or binge eat) and still attain the body, look, or figure you want if you dedicate MOST of your time to reaching your goals. This is the main misunderstanding of any low cholesterol diet plan or any other system, there are no breaks when reaching your goals. Achieving a healthy body is a lifelong journey not an event where you cleanse for a week and then go back to your previous lifestyle. It is a lifestyle.

The first step is to accept where you are with your weight, fitness and health set realistic goals and do your best everyday. You will slip up and make mistakes. Take this as a learning experience and move forward. Don't punish yourself for it, this only increases the risk of binge eating and slipping back into old habits. It helps to write down your goals and to gather a support team to help you. Having people who will exercise or follow the diet with you will help you achieve your goals. Be careful who you choose. Some people don't want you to change because as you become fitter and healthier they are afraid you will leave them behind. Don't tolerate people who will sabotage your progress. Good luck and have a long healthy life!

Read more about a [healthy lifestyle](#) and [low calorie diet](#).

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