



Body Energy: Nutrition / RDA / Food Groups / Fitness

Robert G. Hines

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The body is a marvelous yet intricate vessel-like structure made up of many organic components that work mechanically and chemically, but it depend on Energy in the form of Nutrients to be able to function. The body was formed from the soil which is where it obtain its nutrients.

With a fundamental understanding of Nutrients, their function, the benefits that they provide in a Balanced diet, along with exercising are ways to help maintain a healthy body.

Sacrifices are made all the time to acquire a certain lifestyle, what good is it if you can't enjoy it the way you would like to, simply because you haven't invested in your health the same way you do with everything else you desire to have.

The rewards can be just as great because then you would actually be able to enjoy the quality of life you only dream about. One investment that you make every day is shopping for food, most times without knowing all the necessary facts and information that can directly and dramatically effect the level of our health.

Food is the primary source that provide the Energy the body need to function, and by establishing a balance diet with the proper Nutrition will further improve your overall health, both physically and mentally. Without the right formula the body can't perform at its best.

A balance diet along with other contributing factors provide an Equilibrium within the body's Physiological environment, this involve important chemical functions such as Nitrogen Balance Equilibrium, Body Neutrality, Homeostasis, and Osmotic Pressure. Too much of anything can be detrimental, just as too less of anything can also be harmful; Balance is Key!

Energy is needed to perform exercises which can only help improve your present state of health. When searching for a good exercise program, consider those that compliment your lifestyle, and something you enjoy doing. But just by staying active or having a job that give you some form of physical challenge can be beneficial.

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