

Physical activities to prevent addictive food behaviors

The lack of education regarding a healthy lifestyle coming from those around us, a hectic pace of life, stress and chaotic eating behaviours are just some of the factors that lead to obesity, cardiovascular problems or cancer.



Sport prevents cardiovascular diseases

These diseases can be prevented with daily exercise, eating healthy, avoiding fats, sodas, alcoholic beverages, coffee and cigarettes. Fruit and vegetables should not be missing from the diet, as well as grains, fish and lean meat (chicken and turkey). A healthy heart obtained through practicing constantly can prevent many health problems.

Use to go by car whenever you go out? Then, one day a week, instead of going by car, try to either walk or take public transportation. If you regularly use public transportation, you should get off two stops earlier and walk the rest of the way.

Stroll through parks, gardens, streets and avenues in the city you love. It will not only be a physical exercise but it will also help relax the mind. Meet up with loved ones that you haven't seen in a long time. Instead of going to a restaurant or a cafe in which to chat, take them for a walk through the park.

One study, involving 539 young people with larger than average waist circumference and cholesterol levels above the normal range concluded that those who have changed their lifestyle by giving up smoking and practicing sport have visibly improved their health and fitness levels, remodeling their body and lowering the risk of heart disease.

