

## Importance of Balanced Diet and Proper Exercises for the Students

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A balanced diet is one which contains different types of foods in such a quantities and proportions that the need for calories, minerals, vitamins and other nutrients are adequately met and a small provision is made for extra nutrients to withstand short duration of illness or starvation. The different nutritional factors in the balanced diet are protein food, energy food, caloric food, protective food, roughage food.

A well-balanced diet provides the right vitamins, minerals and nutrients to keep the body and mind strong and healthy. Eating well can also aid in the prevention of a variety of diseases and health problems, as well as helping to maintain a healthy body weight, providing energy and promoting a general feeling of well-being.

Importance of a Balanced Diet Preventing Infections and Diseases Consuming all foods in a well-balanced proportion will help body of students to prevent many infections and disorders. If the body gets all the required nutrients, it will improve the functioning of the immune system which is responsible for the prevention of various infections. By following a balanced diet, we can reduce the possibilities of some types of cancer, control blood sugar levels effectively, and control blood pressure. It prevents diseases that are a result of either over-consumption or under-consumption of certain foods.

### **Controlling Weight**

To reduce and control weight, students tend to forget why a balanced diet is important. They don't understand that a balanced diet is the key to reduce or increase weight. Those who want to reduce weight try different ways, but don't succeed. The reason is that the routines they choose include consuming huge amounts of foods that don't contribute to weight loss.

### **Healthy Body Growth**

If the body is getting all the essential nutrients regularly, it will certainly be fit. It would be away from infections and diseases, which in turn will promote a healthy body growth and maintenance. A balanced diet should be implemented in the routine of students. So that they would be able to easily perform physical tasks without any exertion on the body. It is a necessity nowadays, as there is so much physical and mental stress in the lives of students.

### **Active**

Lifestyle

A balanced diet would also be beneficial to the state of mind. Students will be able to live an active lifestyle. Because both the body and mind will be in a good state, they would coordinate effectively. It will help them to take immediate decisions and tackle problems efficiently. It is also proven to increase the remembering and memorizing capability of a student.

### **Proper Sleep**

Eating too much of a certain kind of food can cause us to be unable to fall asleep (such as foods with high levels of artificial sugar, like candy). Eating heavy, oily foods can cause the students to have difficulty waking up in the morning. Eating a balanced diet will enable them not only to sleep better without the use of sleeping pills but also feel more rested when they wake up.

Along with healthy eating habits and healthy sleeping habits, exercise can really revitalize and improve body and state of mind of a student. The importance of exercise must not be underestimated by any means, and students should change the way they live their life and start an exercise regime immediately.

### Importance of Exercise

Depending on the form of exercise that students undertake, students can collect different benefits from their regimes. Almost all exercises build flexibility, and most exercises target specific muscle groups in the body. Apart from building endurance, stamina and strength, exercises also ensure that students expend enough energy in their bodies so that they can get enough sleep at the end of the day, and drive away anxieties and nervousness as well.

Most of the students start exercising with the sole aim of losing weight, but in reality, weight loss is the most fundamental benefit of exercise. What students are also achieving is the clearing out of fat from their arteries, thereby giving them a clean slate of health. Students who exercise regularly are healthier than those who do not, these shows in the long run.

The importance of exercise for students is that it prepares them for a grueling life ahead, and builds up strength and endurance from a young age. This also gives them the ability to grow up and take up some mainstream sports as a profession. All this is beneficial, apart from the more obvious health benefits that exercise gives as well.

The answer to, "Why is exercise important?", is that students today are spending their entire day sitting in front of the computer, playing video games and eating junk food. This is bound to have an adverse effect on the individual, sooner rather than later. By resorting to regular exercise, they are negating the effects of these indulgent activities, and ensuring that their bodies do not become stale. It cannot be stressed enough, that exercise is vitally important for the survival and the smooth sustenance of human life. With the rapid changes in the lifestyles today, importance of exercise for students and importance of exercise for college students has grown exponentially.

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