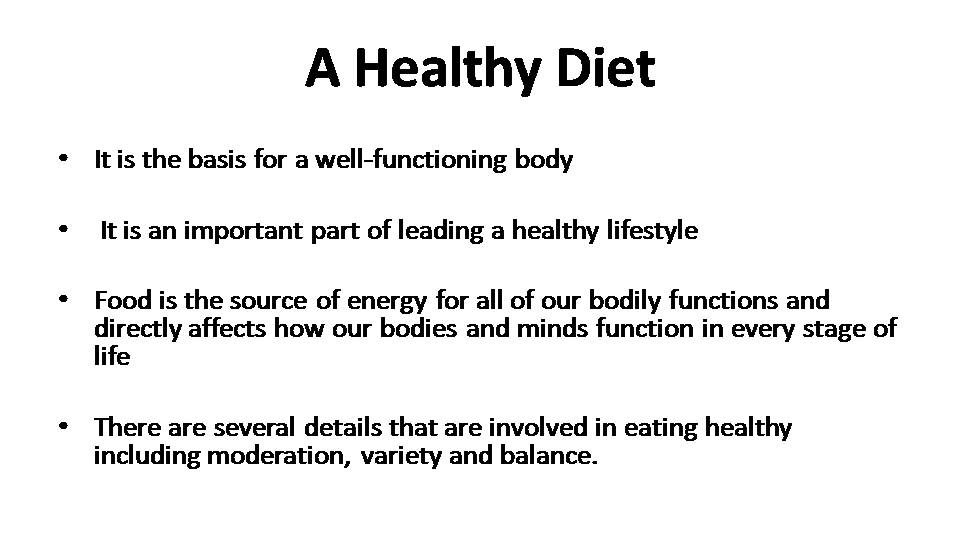
**Chapter 1: Make Eating Healthy A Lifestyle, Not A Duty**

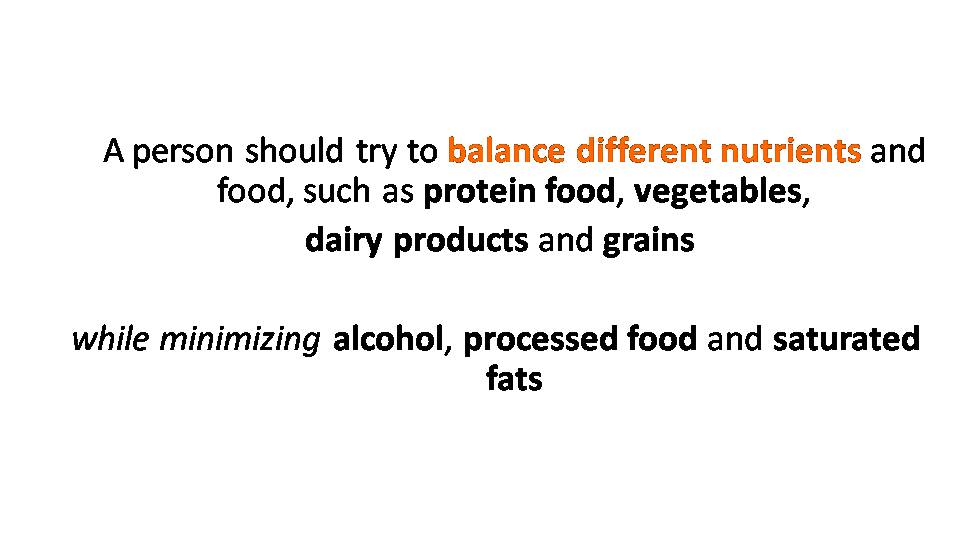


**S1:** Hello! Welcome and thanks for choosing this video course. In this video, you’ll learn how to make eating healthy a lifestyle, not a duty.

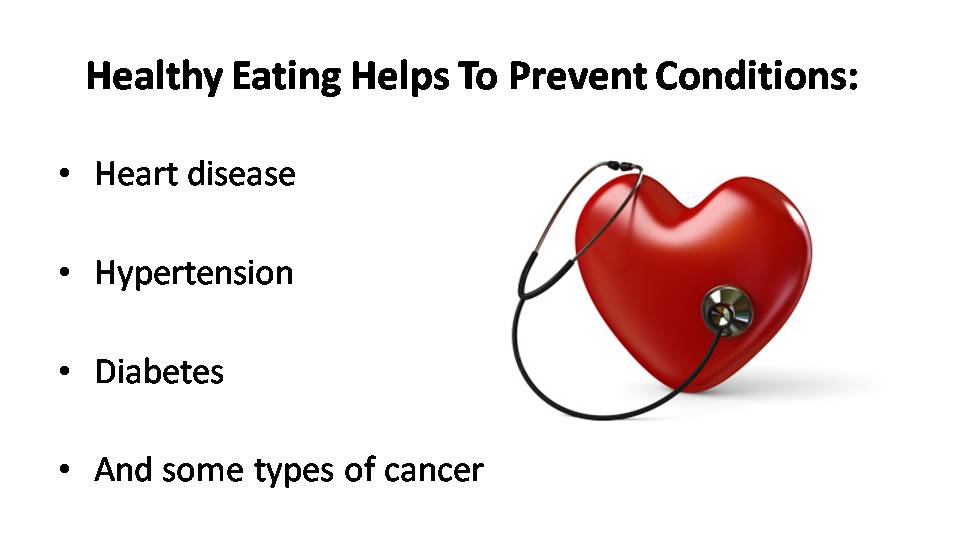


**S2**: Basically, a healthy diet is the basis for a well-functioning body. It is an important part of leading a healthy lifestyle. Food is the source of energy for all of our bodily functions and directly affects how our bodies and minds function in every stage of life.

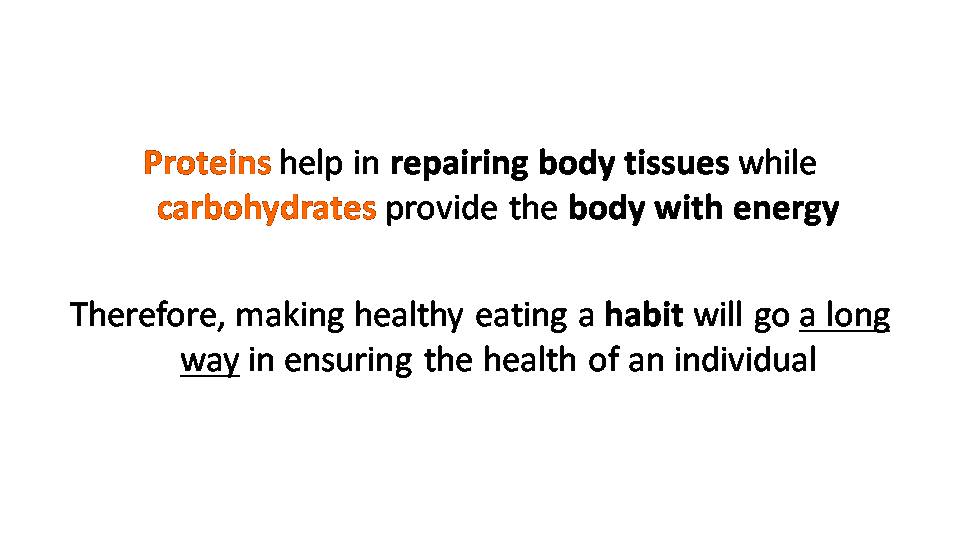
There are several details that are involved in eating healthy including moderation, variety and balance.

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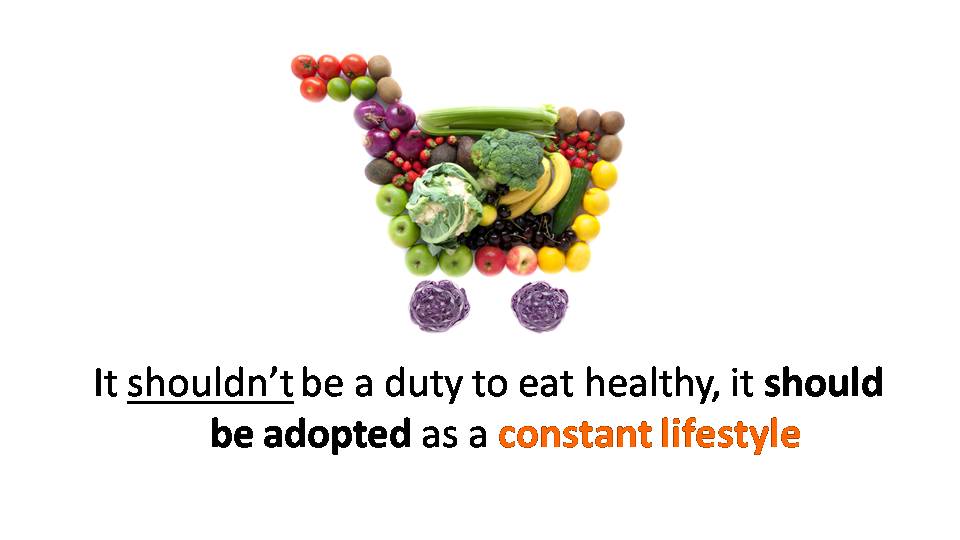
**S3:** A person should try to balance different nutrients and food, such as protein food, vegetables, dairy products and grains while minimizing alcohol, processed food and saturated fats.



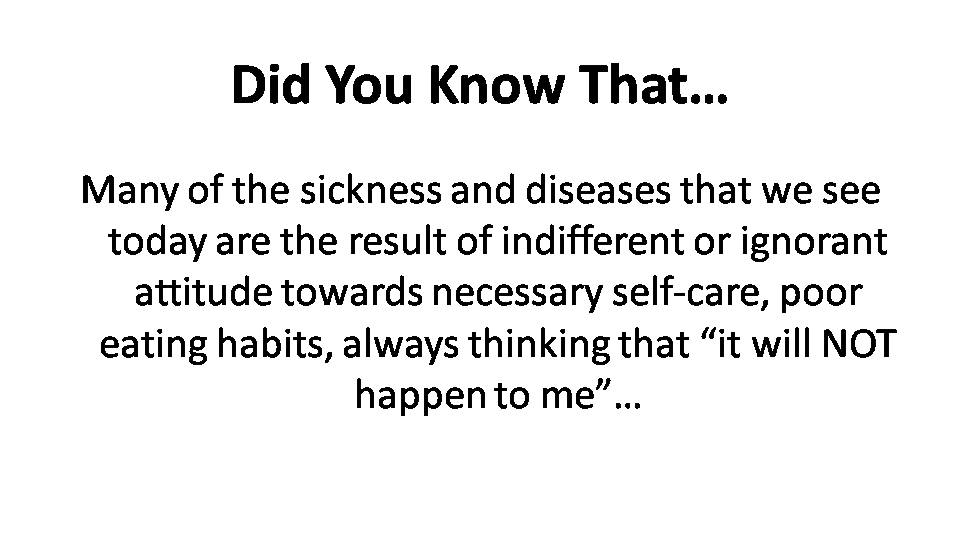
**S4:** Did you know that eating a variety of food from each food group helps a person get all the important nutrients? Healthy eating helps to prevent conditions, such as heart disease, hypertension, diabetes and some types of cancer.



**S5**: Proteins help in repairing body tissues while carbohydrates provide the body with energy. Therefore, making healthy eating a habit will go a long way in ensuring the health of an individual.



**S6:** Remember this, it shouldn’t be a duty to eat healthy, it should be adopted as a constant lifestyle.



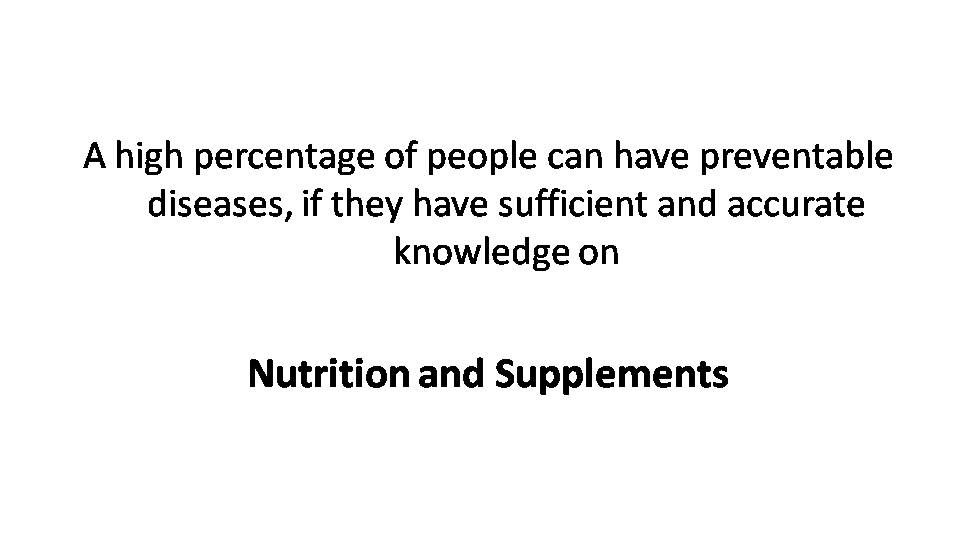
**S7:** Generally, we all know the benefits of having a healthy body, however many of us don’t know how to obtain and sustain a healthy body. This is the real challenge.

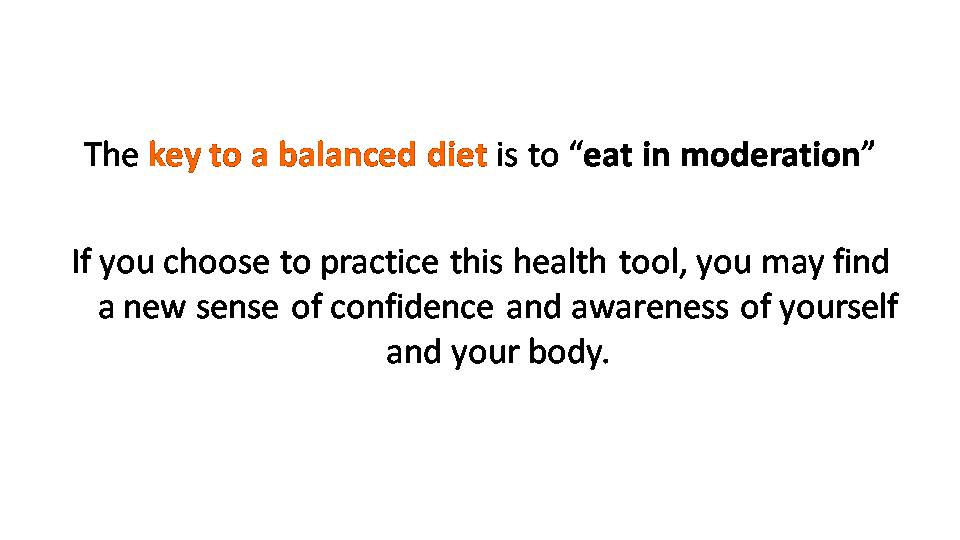
Did you know that many of the sickness and diseases that we see today are the result of indifferent or ignorant attitude towards necessary self-care, poor eating habits, always thinking that “it will NOT happen to me”.



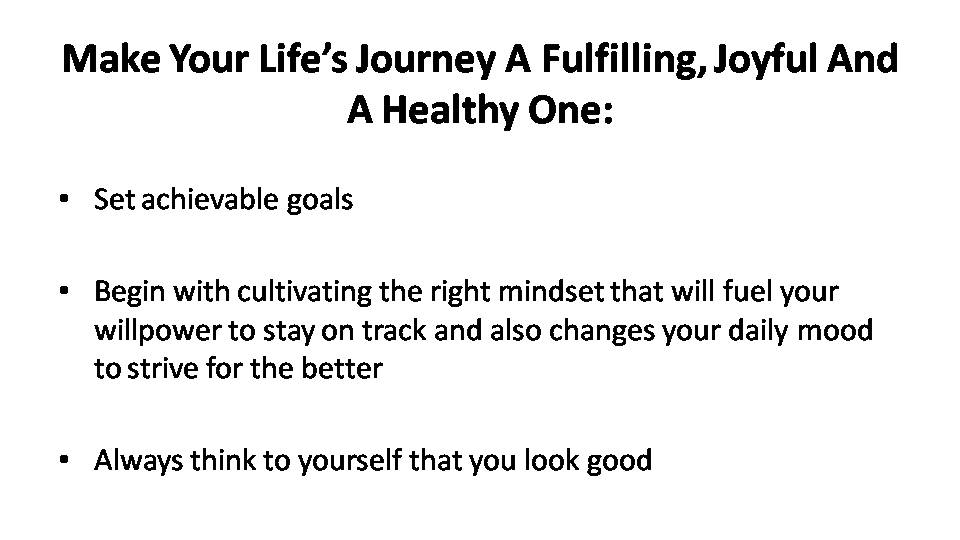
**S8**: But think about it. How many patients can foresee that they’re going to fall sick?

Most of the time when it hits them, it’s already too late. There’s a golden old saying of “an ounce of prevention is worth a pound of cure”.

**S9**: A high percentage of people can have preventable diseases, if they have sufficient and accurate knowledge on **nutrition and supplements.**

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**S10:** The key to a balanced diet is to “eat in moderation”. It is an important tip to eating healthily. Eating in moderation is a way of life, not a way of dieting. If you choose to practice this health tool, you may find a new sense of confidence and awareness of yourself and your body.

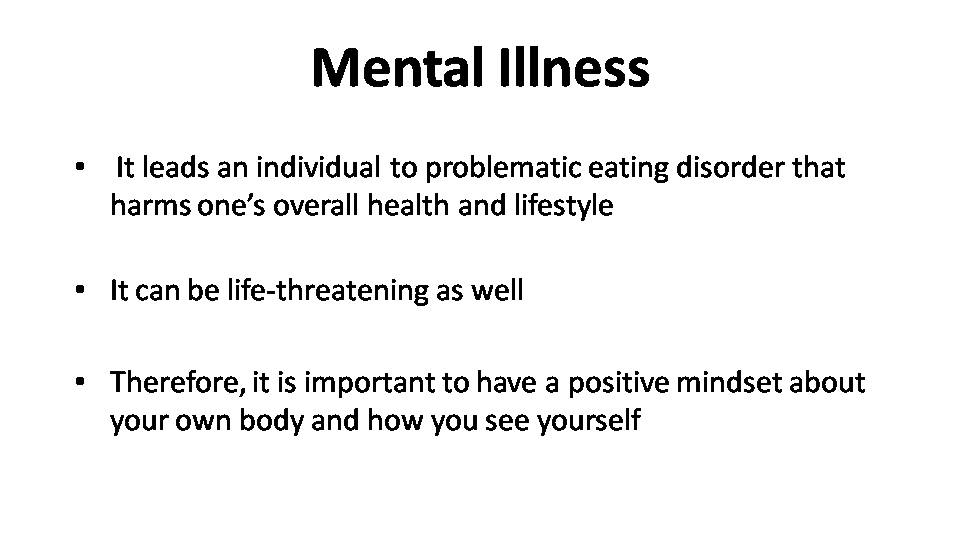


**S11:** You can choose which path you wish to take to make your life’s journey a fulfilling, joyful and a healthy one.

Start by making today healthier than yesterday!

How do you do that?

* **You set achievable goals**. Goals that will gradually change your health status and overall lifestyle into a better and healthier one. You will see and feel the difference once you start working on achieving these goals in a timely manner.
* **Begin with cultivating the right mindset that will fuel your willpower to stay on track and also changes your daily mood to strive for the better**. It is extremely essential that you learn to feel good about what you are doing and how you are going to transform.
* **Always think to yourself that you look good** because it increases your self-esteem. If you look at people who are struggling with mental disorders related to eating habits, for example anorexia (refuse to eat) and bulimia nervosa (binge eating), you will see the mental pattern falls into the same category, which is they think they are not good enough.



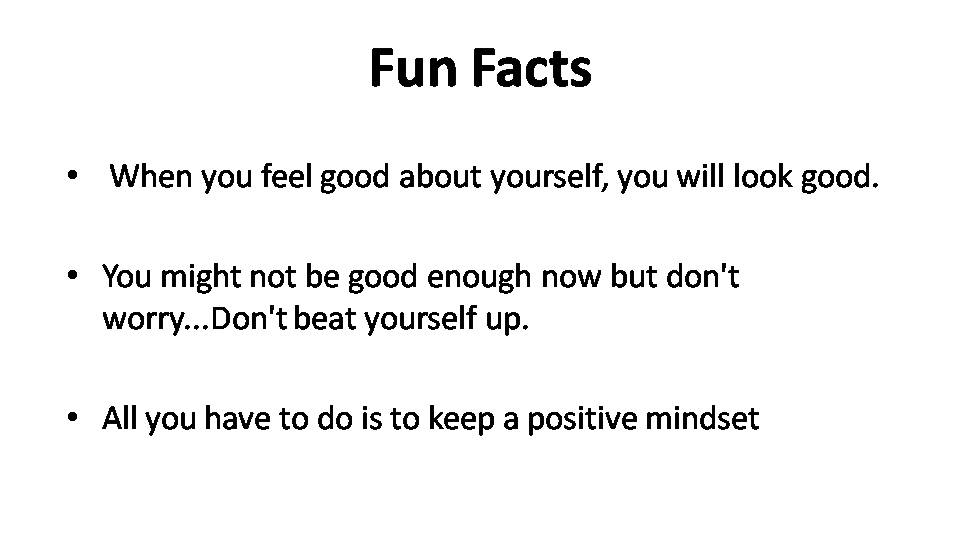
**S12**: It is a mental illness that leads an individual to problematic eating disorder that harms one’s overall health and lifestyle. It can be life-threatening as well.

Therefore, it is important to have a positive mindset about your own body and how you see yourself.



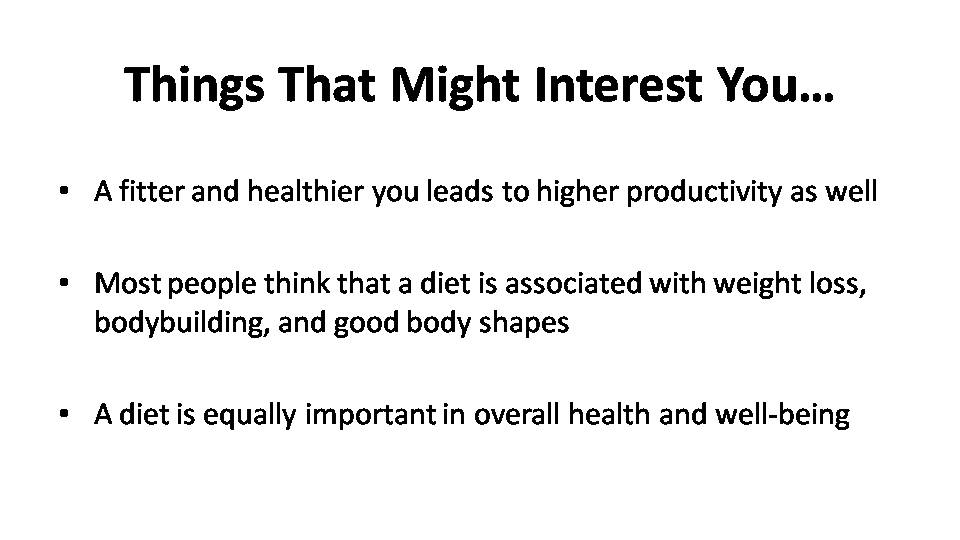
**S13**: Now let me ask you a question. What do you know about mindset? I am sure you've heard of how mindset plays the biggest role in determining your actions.

It is indeed true. Your mindset is the fuel to your actions.



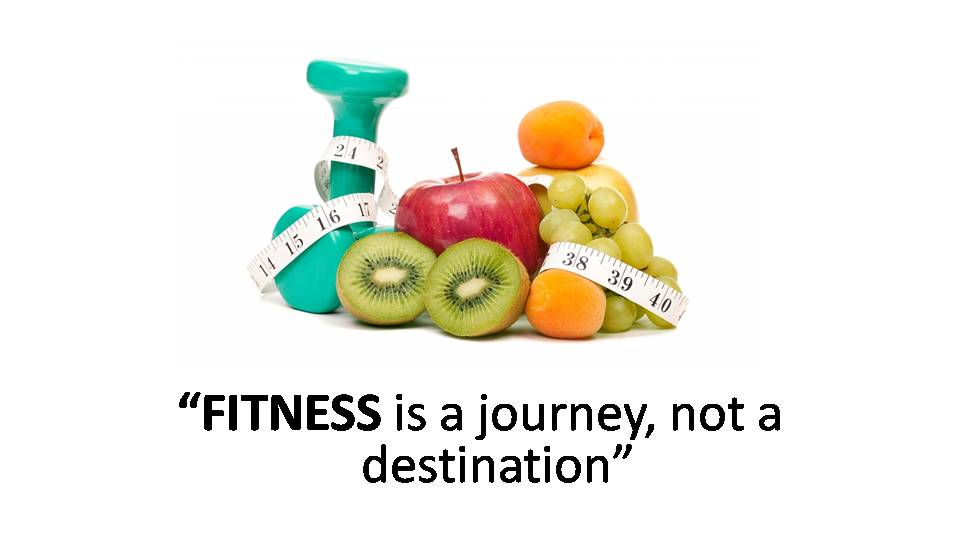
**S14**: When you feel good about yourself, you will look good.

You might not be good enough now but don't worry...Don't beat yourself up. All you have to do is to keep a positive mindset.



**S15**: Not just that, a fitter and healthier you leads to higher productivity as well. Most people think that a diet is associated with weight loss, bodybuilding, and good body shapes. They have forgotten that a diet is equally important in overall health and well-being.

By taking the time to learn how to eat healthy, you have stepped onto the route that leads to an in shape, healthy body.



**S16**: Take a minute to think over the famous quote “Success is a journey, not a destination”. We may replace the word ‘success’ with the word ‘fitness’.

Learning to make the correct decisions in your nutrition will convert to a healthy lifestyle that is never ending.

Begin to construct the habits that will step-up your enjoyment and quality of life today!