Abstract

Bad nutrition and mostly overeating have become the main causes for diseases especially in the industrialized countries, which is why nowadays’ nutrition trends suggest finding natural remedies that highlight fruit and vegetables’ true value. The more and more frequent health problems have raised a lot of questions and have brought to people’s attention the importance of exercising as they slowly rediscovered the joys and advantages of an active and healthy lifestyle.

Physical exercise revitalizes the body, keeps the physical tonus and a positive thinking, makes us more aware of our own forces and it creates a warm and friendly climate between people that share the same interests.

Active people have more fulfilled lives, are stronger, more resistant to disease and are in a constant good shape; they are more self confident, less depressed and often very energetic, even at an older age, more enthusiastic and willing to engage into new projects.

Keywords: time, diet, exercise, positive attitude, health


1. Introduction.

What everyone lacks nowadays is “time”! And that can be seen in the way we choose our daily meals: we don’t have time to read the ingredients in a product at the supermarket, we don’t have time to cook, but buy whatever we find in fast-food restaurants, we don’t have time to prepare our snack so we don’t stay hungry throughout the day and, when we can’t resist anymore and hunger “strikes” we go for the pretzel or pate from the corner stand!

Still, for a healthy diet we need to give ourselves “time”: time to do our shopping list, time to read the prospects on the products we buy, time to prepare our daily meals and, of course, time to read nutrition specialists’ articles and books.

We can make this time by giving up staying in front of a computer more than necessary or a cup of coffee with friends. The time spent in front of the TV watching commercials for unhealthy food (such as fast-food) can be counted as lost time as well.

The teenage period is the stage when one can realize the importance of a healthy diet. In turn these teenagers will raise their children as they grow into adults with the same healthy lifestyle they were raised with.
An intelligent and healthy way of eating prevents some diseases (sometimes incurable or lethal: anorexia, bulimia, obesity, depression, etc.) and will offer us the physical and mental comfort we need for our daily activities.

The greatest doctor from ancient times, the Greek Hippocrates (400 B.C.) made a very true statement, which stands even in present times: “food needs to be your medicine”.


Modern lifestyle is characterized by a general tendency of skipping meals, going for snacks – North-Americans have reached (according to recent studies) 10 meals a day, a high consumption of protein and animal fat (meat, fish, eggs and dairy products) in detriment of vegetal proteins, especially when the consumer has a sedentary lifestyle. On top of all this we have the modified products, which are subject to industrial processing (refinement, pasteurization, grilling, degreasing, boiling, freezing, fermentation, blocking of decomposing by addition of stabilizing agents).

The food that is eaten in excess or is genetically modified tends to ferment or rot and the resulting substances are real poison for the body. When waste production surpasses the body’s capacity to eliminate it, toxins accumulate in tissues weakening different body functions and causing the triggering of diseases.

Bad eating, but especially overeating have become, especially in industrialized countries the main cause of diseases, which is why present nutrition trends suggest finding natural remedies and giving fruits and vegetables back their true value.

Fresh vegetable and fruit juice is nutritionally rich and recommended to everyone without any important contraindications. The juice doesn’t contain cellulose (responsible for intestine irritation) and it has to be consumed as soon as it has been prepared because shortly after it starts losing its properties (it ferments and oxidizes quickly).

Vegetables contain high quantities of quality mineral salts. Fruits and vegetables represent an optimal source of CA, K (calcium, potassium, fundamental in the prevention of heart disorders).

As follows, we suggest a few advices worthy of being followed: replacing white bread with full grain bread; white sugar with full sugar, brown sugar or honey; refined oil with the cold squeezed one; white salt with unrefined sea salt; industrial fruit juice with fresh fruit juice; candies and sweets with dried fruits; vegetable preserves with fresh vegetables (untreated if possible); margarine with fresh butter.

To be avoided: coffee and chocolate (in excess), industrial sprinkled sugared drinks, sweets, chewing gum, cigarettes, alcohol.

To be limited: salt, industrial biscuits, sugar and fats.

Human body needs a natural source of vitamins for its normal functioning. *Vitamin C* is used for the treatment of diseases such as asthma, diabetes, eczema, menopause and it is most needed in the cold season thanks to its efficiency in preventing viral and bacterial infections. Foods rich in vitamin C: citrus, kiwi, green vegetables, pepper, passion fruit, potatoes, parsley, cranberries, hot pepper, strawberries, tomatoes, cabbage, underbrush.

*Vitamin A* can be found in animal products, fish oil, liver, eggs, cow milk, carrots, tomatoes, green vegetables, endives, melon, peaches, apricots, mango and papaya.

*Vitamin D* – eggs, herring, beef liver, dairy products, wheat.

*Vitamin E* can be found in vegetal oil (corn, sun flower, and soy), cereal seeds, fresh green vegetables, eggs, milk, and butter.
*Vitamin K* is present in vegetables, spinach, cabbage, potatoes, peas, red fruits, strawberries, wild strawberries, milk, and eggs.

*B-type vitamins* can be found in cereals and beer yeast.

Very important for stimulating the digestion are our thoughts and positive attitude, as they influence the way we assimilate food.

Love and happiness are a positive charge for the food we eat. In other words, we need to share the joy and happiness of eating with others, to be relaxed and careful, to enjoy the moment and get pleasure from what we eat and those who surround us.

Eating habits form during childhood, in family and they will reflect on child’s future. Children grown with a strict schedule and healthy diet will be hardly driven from their healthy lifestyle (with regular meals, rich in vitamins and minerals, with fruits and vegetables, plenty outdoor exercising and water)!

Bad eating habits that are deep rooted will be difficult to eliminate from the eating behavior when teenagers and youngsters will realize the “curves” of their body.

Starting the early stages children should be thought to eat healthy and encouraged to lead an active life.

### 3. Physical activity.

The idea that exercise and physical activity is only for sportsmen is a misconception; the human body should be regularly submitted to muscular activity, without neglecting the individual abilities, as an over exertion could be counterproductive. Exercising in different ways with the purpose of maintaining a good fitness does not require special athletic abilities.

The increasing health problems have raised lots of questions and people have realized how important physical exercising is and slowly they have rediscovered the joys and advantages of a healthy and active life. Exercising revitalizes the body, maintains a high physical and mental tonus, it gives us more confidence in our strengths and creates a warm and friendly climate among those who share the same interests.

Nowadays young people are motivated by the desire to look good, to get away from the daily problems, relaxing through sessions of aerobics gymnastics, fitness, volleyball and basketball, knowing that this type of exercising will give them the energy they need for the rest of the day, week and the moral support for overcoming the daily problems. Muscle toning as well as physical relaxation will be an extra motivation for exercising.

Thenceforth we propose a few exercises you can do every day at home, on the carpet, floor or on a blanket, by yourself or with a friend, overcoming the difficulty of exercising under the scrutiny of others because you don’t have the most chiseled body or you don’t have the most modern equipment. The training equipment can be made up of: sweats, tights or shorts, a t-shirt or a tank top and socks or sports shoes. You need an airy room and you can play some music to give the atmosphere a bit of „color‟. The music will set a certain tempo for your moves and will motivate you to keep up working.

- Legs exercises:
  
  **Ex. 1. Initial position: squat (picture 1)**
  T1-2 – arch from the initial position
  T3-4 – bend the torso and simultaneously grip the ankles with your hands (pic. 2)
T1-4 X 4
Ex. 2. I. p. lay on your back, arms next to your body or sideways
T1 – balance your right leg upwards (pic. 3)
T2 – get back into i.p.
T1-2 X 8
The same exercise with the left leg.

Ex. 3. I. p. lay on your front, arms lying down, next to your body
T1 – balance your right leg backwards perfectly stretched (pic. 4)
T2 – get back into i.p.
T1-2 X 8
The same exercise with the left leg.

Ex. 4. I. p. lay on your back, arms next to your body
T1-2 – raise your right leg straight up (pic. 5)
T3-4 – raise your left leg straight up (pic. 6)
T5-6 – raise your hip straight up until you’re standing on your shoulder blades (the tip of your toes pointing upwards, to the ceiling) (pic. 7)
T7-8 – back into i.p.
T1-8 X 8

Ex. 5. I.p: on your knees, supporting yourself with your hands, one leg stretched back, toes on the ground
T1 – balance the leg backwards (pic. 8)
T2 – back into i.p.
T1-2 X 8
The same exercise with the other leg.

Ex. 6. I.p: standing legs apart (parallel feet, a shoulders’ length apart) arms stretched forward
T1-2 – semi squats, arms stretched forward (keep the torso straight, feet on the ground) (pic. 9)
T1-2 X 8

• Abdomen exercises:

Ex. 1. I.p: lay on your back, legs bent at a 90° angle (so that the calves are parallel with the ground and the thighs perpendicular on the ground) and crossed, arms bent, hands on your nape
T1-2 – lift your shoulders off the ground so that the back is arched and the abdomen tensed while you exhale (pic. 10)
T3-4 – get back into i.p. and inhale
T1-4 X 16

Ex. 2. I.p: lay on your back, arms bent, hands on your nape
T1-2 – lift while you turn your torso 45° to the ground; bring your elbow to your knee, which is bent to the abdomen (pic. 11)
T3-4 – the same exercise in the other direction
T1-4 X 16

Ex. 3. I.p: lay on your back, legs crossed and stretched upwards, arms bent, hands on your abdomen (pic. 12)
T1-2 – lift your torso straight up while stretching your arms upwards, hands touching the tip of your toes (pic. 13)
T3-4 – back into i.p.
T1-4 X 16

Physical education and sport are an important antidote for stress and other civilisation desees, both active and accessible. They are among the most important means to balance the human body, eliminate inner tensions and raise the body’s adaptive possibilities.

It is proved that active people have more fulfilled lives, are stronger, more resistant to disease and are in a constant good shape; they are more self confident, less depressed and often very energetic, even at an older age, more enthusiastic and willing to engage into new projects.

Each and one of us should pay greater attention to our own body, train and maintain a right posture, maintain our health and a high life and work tonus.
REFERENCES