

Easy Healthy Habits

The most important aspects of being competitive in a constantly changing sports environment are: what you eat and how you prepare yourself for events. It is a seemingly simple concept, that cannot be easily answered by anyone person for any single person. Depending on your personal preferences, genetic and physical characteristics and drive to adapt and evolve each person will have different requirements for both eating and working out. This is why everybody should seek out the help they need on an individual basis. Seek out as many credible or intelligent people and sources as you possibly can and get multiple opinions. Then based on those opinions and your past experiences, you should make a decision on how you will train for events and what foods are right for you.

So, the question now becomes; what is right for me, and how can I learn what is right for me? There are many ways to approach the answer for this question. The actual answer is that your body will always require a diverse and ever changing diet as you go through life. This will require you to learn and understand many fundamentally important functions and processes of how your body uptakes elements. It will also make you learn what elements are in the foods you are eating and how you can shape your diet to match your activity level, current state of health and mental state. Another important factor is where your food is coming from. If you are not aware of this then you now know the first thing you must understand to start eating healthy. If you are not familiar with the term organic, or have never eaten organic foods before I strongly urge you to try it out for an extended period of time and make your own judgment. The fact of the matter is if you are not eating organically you are ingesting high amounts of herbicides and pesticides, which are chemicals that are specifically designed to kill living organisms. Every single one of these chemicals are deadly to humans in high doses, so why would you want to be eating small amounts of them over the span of a life time. The second horrible part about this is that some of these chemicals never leave your body, which means that they will eventually build up and cause some kind of disease or mental problem later in life. The third advantage to organic foods is that they are not grown with artificial fertilizers. It makes no sense to me why someone would want to eat something that was grown with chemicals that were originally produced to be made into explosives and also pollute the very ground that your plants are growing from. The reason they are used is a simple one; it causes higher yields and once you use these fertilizers your soils are destroyed to the point that you cant use anything else. The animal production side of this coin is even nastier, so simply EAT ORGANIC MEAT AND DAIRY! Eating organically is one of the easiest ways to improve your health. You really don't have to do anything except change where and how you buy your food. If you don't live near a place that has a weekly farmers market or a local organic Co-Op, there are plenty of grocery stores you can shop at as well. The important part about all of this is that you try to develop a relationship or trust with your food source. If you go to a farmers market then talk to the farmers that are there, and buy from the ones you like. Better yet go out to their farm sometime and take a tour or help them out for a day, and try to appreciate what it takes to grow real food. If you can find a Co-Op in you area, then become a member and volunteer some of your time in exchange for benefits. If you can't take the time to get involved in your food, then you can check out chain stores such as: Trader Joes, Whole Foods, Wegmans, or the natural foods section in your local supermarket. Buyer beware! (Horizon Organic dairy products are not organic) The more time you spend getting involved in your food, the healthier you will be!! We are what we eat!

More consumer interest in organic foods will also require more retail stores to carry more organic items. This increased demand will ultimately lead to change in how food is produced regulated and understood in America. Good quality foods will soon become a symbol of social status and intelligence as organic agriculture gains wide spread acceptance. Support healthy choices and healthy habits!!