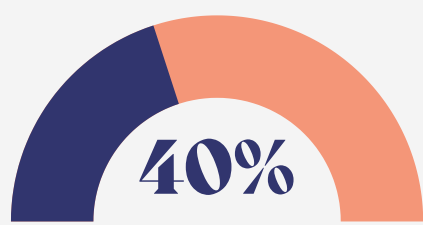


JOHN DAVID CARTER

How does health and fitness affect our lives?

WHAT'S HAPPENING?

A majority of adults in the world have an "overwhelming" majority obesity rate. This is happening because of lack of exercise and not great nutrition. Another possible reason for this happening is that in some countries there is high marketing for junk foods.



SO WHATS THE PROBLEM?

40% of the American population does not make healthy food choices which are leading to cause of disease. Without changes to the standard American diet, there will be consequences for those people.

Effects of Bad Health

As to referred to earlier, lack of exercise and nutrition can lead to diseases like diabetes, obesity, cancer, and brain disabilities. All of these effect your long and short term health. They all go hand in hand as well. With bad nutrition, that leads to obesity, and obesity then leads to cancer. It is vital that keeping good nutrition and exercise to prevent all of these diseases.

How do we solve this?

The easiest way to solve most of these problems is to simply exercise. Whether it's walking outside for 30 minutes or a light workout. Another way is to clean up your diet and don't eat things that consist of the "Standard American Diet" which consists of pizza, burgers, and fried foods. The US as spent \$147 billion dollars on obesity relief.

Benefits?

The benefits are that you will be projected to live longer with no diseases later in life. Being active and eating right will help in the long run. Having good health and nutrition helps with physical looks and give your body more energy.

HOW TO SOLVE LOCALLY?

What you can do if you're a student or young adult is that you could search online on how much exercise you need and what exercises to do. You also could find out what you need to eat and cut out of your diet.

No more PTSD?

Scientific studies have shown that exercising and eating right can tremendously help people who have PTSD. This is one of the main contributors that can really help with PTSD.

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