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## Get Healthy

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***Use these simple tips to improve your life!***

**Szilvia Gogh, Staff Writer**

A healthy lifestyle is more than just eating healthy. Experts say, as the name already suggests, it is a lifestyle balancing body and mind. It incorporates exercising, choosing the right food, and believing that looking and feeling good is the result of healthy living.

"Don't read beauty magazines, they will only make you feel ugly," says the popular sunscreen song. Many health and wellness-related publications will help you look and feel your best, naturally.

"PCC Student Health Services offers free dietary consultations and health education materials. Take advantage of it," said art student Adriana Salgado, an employee at the Health Services Center.

Here are a few common-sense health tips from the Dietary Guidelines for Americans website (<http://www.health.gov>).

**Eat healthy.** Natural, good quality food is the perfect fuel for the human body, but it is not what the majority of us are eating. Start paying attention to the labels on your food because it helps you determine whether you are eating healthy or not.

While fats are essential for normal body function, some fats are better for you than others. Trans fats, saturated fats, and cholesterol are less healthy than polyunsaturated and monounsaturated fats. In general, nuts, vegetable oils and fish are sources of good fats, while commercially baked cookies, crackers, pies and pretty much everything that can live long on a grocery store shelf,

contains bad fats.

Serving size is an important part of a healthy diet. Eating large servings can contribute to weight gain.

“Start with nutrition. Eat the right foods,” said PCC men’s basketball Head Coach Michael Swanegan.

**Drink water.** Ever notice how your plants become lifeless when you forget to water them? Water is just as essential to our bodies as it is to plants. Your body is sixty percent water that has to be replenished daily. Drinking cola, coffee or beer does not fulfill your body’s need for hydration. Choose water, soups, and foods that are 85 percent to 95 percent water such as celery, tomatoes, oranges and melons.

Substituting water for one twenty ounce regular soda will save you about 240 calories. If you are bored of the tasteless water, spark it up by adding a slice of green apple or lemon.

**Get daily exercise.** Becoming a healthier you is not just about eating healthy – it is also about physical activity. Exercising regularly helps you control your weight by increasing the amount of calories you expend each day. PCC offers great physical education options.

“Do you want to know why Europeans in general can indulge in chocolate, cheese and pasta, yet stay slim? They walk or ride their bikes daily. Walking thirty minutes a day is all it takes. Try taking a leisurely walk after dinner. You will not only sleep better, but your waistline will slim down too,” says PE Instructor Jesse Gomez.

**Manage your thoughts.** The human mind is a powerful tool. Envision yourself the way you want to be. Start with easier resolutions. Give up sodas and fruit juices for water or sign up for an exercise program. Visit a natural health food store or your farmer’s market. Eat fresh, organic fruits and vegetables instead of the canned ones. It is all in the mind. Make the decision of living a healthier life and stick with it.

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