

Eating Healthily- An Introduction

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What to Expect From the Series

The goal of each article is to make you aware of how your lifestyle affects your body. We all know the basics; if you eat too much and don't exercise, you will most likely gain weight. If you drink too much or smoke, your body will bear the consequences. In these articles you will find ways to apply this basic knowledge, and find the tools to actively improve your well-being.

I will dispel some of the myths surrounding many foods and drinks, and give you the ability to make healthier lifestyle choices. You will find all this information in these articles, as well as learn how to positively affect your body on a budget. Many people approach this topic with the idea in mind that good food costs more (or maybe just that bad food is inexpensive and accessible) and have their minds closed to changing their ways.

Who is this For?

These articles are also for the people who flirt with fad diets and failed New Year's resolutions. A healthier lifestyle doesn't mean going on a 'diet' for a period of time, losing weight, and then living as you were before; it's about active, permanent changes, and making decisions that fit into your life.

These articles are for people who may already eat relatively healthily. Many people simply eat too much or too often, or they watch what they eat but they don't exercise, or they may think that they don't have the time to enact these changes. Many people are desperate to improve their physical health but lack the skills to, or claim that they simply can't.

Everyone must approach these issues with the knowledge that everyone can learn to cook (and I will show how simple cooking healthily can be), that everyone can find the time to fit in the minimal amount of exercise, and that no-one is born with will-power, it is a learnt state of mind.

These articles are for people who may or may not be ready to make these changes. It is important to remember that you cannot take on too much at once; people are more likely to succeed if they approach things one at a time, change at a pace that is good for them, and enforce changes that fit in with their life.

These articles are for people who worry about money, but may also not want to sacrifice their social life. People think that dieting limits them too much, that they cannot enjoy going out with friends, or they find themselves self-conscious and subject to peer pressure in a group. These articles will not restrict you, they will empower you, and give you the information that you need to make positive choices.

Working Positively on a Budget

These articles are built around the idea that money is not expendable. Know that eating healthily is not expensive; in fact, it can work out a lot cheaper than not eating healthily. Know also that exercise can have minimal or no costs at all; and being more active can save money too.

Through these positive changes, in whatever way you choose to enact them, you will not only be physically healthier, but socially and mentally better off. It is inactivity and poor health that restricts someone's life; the only cost is a change of mindset.