

eating a balanced diet is the most important factor for a healthy life. To what ~~extend~~ extent do you agree?

There are many factors at play in living a healthy life and some are of the view that having a rich diet is the most significant one. Although it is one of the major factors, I believe ensuring a healthy life demands more than just eating nutritious food.

Though it is true that limiting sugar or fat intake, adding more vegetables to one's diet or reducing the consumption of fast food can help to avoid health hazards, a more comprehensive approach is needed to reach it. Adopting a healthier lifestyle, people tend to live a healthier life compared to when merely eating a balanced diet while ignoring other aspects of their health. To put it simply, I believe that the key to a healthier life is in leading a healthier lifestyle.

There is no consensus as to what constitutes a healthier lifestyle while I consider two of the causes the most crucial ones. Firstly, living a peaceful and stress-free life, which is hardly likely in the modern world with hectic schedules and severe economic hardships, people tend to maintain higher mental health levels. There has been a statistically significant correlation between the high levels of strains and higher rates of anxiety and depression among the employees of fifty companies in New York due to research conducted by M.I.T.

Secondly, leading a more active life is another factor that contributes to one's physical well-being and consequently, a healthier life. As technology's ubiquity prevents us from doing many tasks of our daily lives actively, a sedentary lifestyle is encouraged; undoubtedly a factor that increases the chances of several health issues such as obesity and, subsequently cardiovascular diseases and Diabetes. Hence, in order to ensure a life without such problems, adding more outdoor activity or more exercise into people's routines could be considered another factor that makes up a better lifestyle.

In conclusion, while a balanced diet can play a pivotal role in granting people higher levels of health, I assume adopting a better approach toward life by choosing a healthier lifestyle must be taken into account. A lifestyle free of everyday life's stress and full of the joy of physical activity.