

A balanced diet, or eating balanced meals, is the key to a healthy life. To what extent do you agree or disagree with this statement?

Some people argue that they could have a healthy life because of eating balanced meals. I partially agree with that point of view, yet ~~in order to have a healthy life~~ to that end there are many ways which paly an important role too, apart from having a balanced diet.

It is certainly true that ~~have~~ having a good eating habit plays a major role in keeping healthy. There are many studies which show that when a person consumes too much many calories and fatty foods, ~~it they are~~ stored as ~~the~~ surplus in fat cells which leads to obesity. obesity can raise risks for type-2 diabetes, hypertension, cardiovascular diseases and high blood cholesterol level. To prevent this issue, people should have a balanced diet full of nutrients, minerals and vitamins such as more fruits, vegetables and fiber in their meals that strength their immune system and devour less foods containing fat and high calorie in order to have a balanced meal and reduce the risk of suffering from diseases related to diet. Recently research suggests for eating foods which ~~are~~ included omega-3 fatty acid and vitamin E like fish and nuts to help eyes and brain function, ~~and~~ and they also affect people's mood and ~~an improve~~ alleviate depression.

however, in my opinion, it is not enough to stay healthy by adopting balanced diet only. people still suffer from various diseases even though their diet is very good. For example, people who work in offices easily suffer from musculoskeletal diseases, ~~These diseases~~ which are often associated with lacking of exercise.

In order to have a healthy life people should not only eat balanced meals but also consider combining their diet ~~with~~ by doing regular exercise. Exercise helps us have a toned body, increases blood circulation, and our heart, an important muscle in the body, beats faster and burnse calories. furthermore, Doing exercise also is a great way to reduce daily stress.

To conclude, it is important to combine both having scientific meals and doing regular exercise in order to have a long and healthy life.