

# Healthy Living

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In just a few seconds, his life went from bad to worse. While working one day, Mike Sprague fell of a thirty-five foot roof, breaking both feet. He was bedridden, unable to do any exercise of any sort. To add on to this, Mike was overweight and weight loss was necessary for his recovery. His inability to walk made losing weight even more difficult. To make matters worse, Mike was gaining weight in this state of sedentary hopelessness. Mike became sorrowful, depressed, and failed to see any good in his life. Fortunately, with some slight motivation, Mike gathered up his own motivation and lost 211 pounds through proper dieting and daily exercise. He is happier than ever; he has found a great balance in his life through eating right and participating in physical activity ("Three Amazing Lifestyle"). Everyone strives for happiness. To some, happiness consists of wealth and luxurious spending which is far from the truth. True joy shouldn't be expensive. Fortunately, happiness comes cheap; it can be achieved by everyone. Both mental and physical struggles will arise, but everyone can find joy in their lives. Living healthy increases lifespan, releases endorphins, and reduces risks of certain diseases thus creating a more jovial, optimistic lifestyle. How does one live healthily? Living a healthy lifestyle requires exercise, a proper diet, and motivation. Living healthy requires physical activity, whether moderate, light, or intense. One cannot expect to acquire happiness simply by eating healthy; exercise is the driving force because

it causes a release of endorphins. Endorphins are “the body’s natural feel good chemicals, and when they are released through exercise, your mood is boosted naturally” (“Exercise and Endorphins”). The int...

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