Whether you are trying to lose weight or stay healthy, combining diet and exercise brings good health and physical fitness which enhances your quality of life. Since food and exercise go hand in hand, it is always important to maintain a balance between your diet and exercise.

Just because you are exercising, it doesn't give you a pass to excess food. Your appetite may increase with exercise; however you would need to keep a handle on excess calories. You won't lose weight if you're still taking in a lot of calories. That is why portion control is a key to how much you take in at the same time make sure you are getting enough calories to keep your body running smoothly. You would need to consume small portions of food throughout the day. **The secret weapon in achieving permanent weight loss rest within YOU! You have to believe in yourself and have determination and dedication.**

Be encouraged!

The whole idea behind physical training is that you push your body to do a little more than it's comfortable. It will then responds by making physical and physiological changes. These changes make you capable of doing a little more with less discomfort. Do some type of exercise (Walking, jogging, sit-ups, and/or pushups) every day.

If you are trying to lost weight, eat right and live healthy, then tell yourself you can do it. It is all in the mind, once you feed your soul with the right information, recite your intensions over and over again.

While on the road to weight loss, fitness, and health, you can easily become discouraged. In fact, discouragement is what leads many people to give-up when they may have been near a point of significant progress and encouragement in their program.

The visible signs of progress in a weight loss program are often very slow to come. Healthy weight loss takes time, but that can be very discouraging. Be encouraged to know that for each day that you exercise and eat healthy foods in moderate quantities, you have made progress. It might not be measurable that day, but you have made progress and it will be measurable over a period of weeks and months. Be encouraged!

Don’t focus on scale or the pounds but check the inches in your waist. Focus on how your clothes fit. Daily exercise will change your life! You will be healthier.

For a healthy lifestyle, make a habit of the following

* Eat in moderation
* Drink at least 64 oz of water a day
* Eat more vegetables and fruits and small portion of protein
* Don’t skip meals
* Eat three hours before bedtime
* Do some type of exercise a day