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You May Not Live Forever, but Fitness for a Long Time Pays Off by [Mathias Michelakis](#)

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In one song, Bon Jovi said two things worth putting on paper: "I ain't gonna live forever," and "I wanna live while I'm alive." The lyrics are simply clear-cut—"no person lives for eternity, so s/he will to make the most out of his/her life. If applied on the topic of health though, the lyrics probably become senseless.

You can only live for so long in a lifetime, but you're not really in a hurry to meet your creator. If you only have a number of years to live, then at least make that number as big as possible. One of the best ways of doing this is staying fit and living a healthy lifestyle—proper diet, regular exercise, and teaching others to follow your example. You may live long enough to see Halley's Comet make another flyby across the night sky.

It's normal for most people to be tempted by food like pizzas and burgers—they're just so good. But experts say there's nothing wrong with indulging in tasty treats from time to time, as long as you take note of "from time to time." The first rule of a healthy lifestyle is to eat and drink with moderation.

A handy guide in tracking what you eat would be the food pyramid, a diagram that shows how much you can have to be fit. The latest diagram from the US Department of Agriculture is the MyPlate, deviating from the usual pyramid scheme. First introduced in June 2011, MyPlate is a part of Michelle Obama's campaign against obesity.

The gym in San Diego will also play a crucial role in helping you stay fit and live a healthy life. A balanced diet is only half of what you will need to achieve a fit body, as the other half must be a couple of jumping jacks. As of 2009, the Centers for Disease Control and Prevention recorded San Diego's obesity rate at 23.1%. This means 23 for every 100 people in San Diego weigh way more than normal—all the more illustrating how vital exercise is.

As a person who wants to make the most out of his/her life, you deserve the best life before you go. The kind of fitness San Diego residents want is a mishmash of proper diet and regular exercise. Live for as long as possible so you won't have regrets when angels come to pick you up.

You can visit ChooseMyPlate.gov for more info on the First Lady's latest arsenal versus obesity. You can also ask a San Diego personal trainer to help you reach your goals of achieving a healthy body and living a long life.

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