

Health means a person has good physical health - no injuries, diseases or issues, and good mental health and well being.

When we are young and carefree, we think that we can eat what we want, party a lot, live on junk food and survive on only a few hours of sleep. We work excessively long hours, drink too much caffeine, hardly drink any vitamins and have a little to no exercise.

We have to take our health more seriously especially when we are younger. We do not feel the need to worry about our health choices when we are young. Unfortunately, your life and health can change in the blink of an eye. Here are a few things you can take more seriously at a younger age. It is never too late to work towards a healthy or even just a healthier version of you.

Taking your vitamins daily is more important than you think. Vitamins are important on a daily basis to help your body stay healthy, help protect you against harmful toxins and free radicals and also to boost your quality of life. The quality of the foods we consume these days does not contain the quality of nutrients it should to ensure that your body get all that it needs.

When we feel exhausted, fatigued, full of aches and pains, low concentration and just surviving, we really cannot perform our best every day. Follow a healthy diet but also supplement your health, brain, organs, skin, muscles, joints, heart, bones, immune system and energy levels by using a good vitamin supplement.

Smoking steals from a beautiful and healthy you. Being a long-time smoker will certainly show on your complexion first, especially as you get older. The nicotine and tar cause wrinkles and sagging skin because the tiny blood vessels are damaged by the chemicals. This causes less oxygen and nutrients to circulate, reach and enrich the skin. The tar and nicotine are also detrimental to your lungs. When the damage is done, it can't be undone.

Junk food will catch up on your health eventually. We all love junk food occasionally. The truth about junk food is that it contains high amounts of saturated fat which is left in the arteries and accumulates over time. Try and make healthier choices, even when you do eat junk food. There is always a healthier option.

For most of us, our bone mass will reach its peak between the age of 25-30. As we get older and reach about 40, our bone mass begins to reduce. There are ways for us to help slow down the process of bone mass reduction.

The more bone you build in your younger years, the better your chances are to possibly avoid bone damage later.

Reduced bone mass can cause a disease called osteoporosis. This is a metabolic disease that occurs when bones grow spongy and weaken. It is due to the small spaces between the bone tissue getting bigger (more air, less bone).

If you can, add more movement or exercise to your weekly schedule it can help reduce the feeling of depression and anxiety. Exercise can help you cope better mentally, see things in perspective. Start trying to add more exercise to your life and see the results for yourself.

Put yourself first from now on and really think about which responsibilities you want to commit to.

Fitness is a state or condition of being physically active. Fitness is a result of general nutrition and proper conditioning, and fitness is a state of general physical and mental well-being.

Physical fitness is a measure of the body's ability to function effectively and efficiently in work and leisure activities, to be healthy, resist illnesses, and to meet emergency situations. A person who is fit is capable of living life to its fullest.

Improve your fitness - Choose a reason for becoming more active. Ask yourself why are you being active. Choose an activity that you enjoy. Set goals and chart your progress. Don't punish yourself. Give yourself rewards. Try to do some activity on most days of the week. Get support. Starting your fitness habit.

