



The secrets of keeping fit: exercising and healthy eating

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Abstract

Physical fitness not only requires exercising, but also healthy eating habits. Herein, a cartoon and a related text on physical fitness are submitted.

Keywords Exercise · Healthy diet · Healthy eating · Physical activity · Physical fitness

Any movement of the body that requires energy expenditure refers to physical activity. On the other hand, exercise represents the planned and structured physical activity. Both are important for reducing the risk of systemic diseases. Exercise is a major component of management, particularly in osteoarthritis.

Regular physical activity should be supported by lifestyle modifications such as developing healthy eating habits. It is

of great importance to support the diet with vitamin D-rich food, since Vitamin D has a wide range of health benefits in human metabolism. With regard to rheumatic conditions such as rheumatoid arthritis and osteoarthritis, vitamin D is associated with anti-inflammatory effects and may play role in pain management.

All in all, physical activity and exercise are essential for humans, so is the healthy diet!

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