

SPORT LIFE



A Daily active healthy life – Do's and Don'ts

There are many factors that play a significant role in having a healthy life. One of them is having a healthy and balanced diet, which includes eating a lot of fruits and vegetables, drinking many liquids and avoiding food which is full of fat, soft drinks that contain a lot of sugar, alcohol and also limiting the amount of caffeine and sweets.

The most important factor is to not smoke or do any drugs which will totally exhaust you. A lot of young people, but also of older age, tend to smoke a lot which has a strong impact on their physical condition without keeping in mind what are the effects of this.

Another factor that should be taken into account is exercising. Although it is important to exercise around 40' minutes daily, there should always be a limit so that you don't get injured. Also, so as not to get easily tired and to have a lot of energy, you need to sleep around 8 to 10 hours at night. Moreover, keep in mind that you should always wear the appropriate clothes for the specific weather conditions. A good practice is to start playing your favorite sports with your friends or even join a club, because it keeps you fit and also you are having fun with your mates.

In conclusion, there are many do's and don'ts that you need to follow so that you have a daily active healthy life. The main factors are eating healthy, avoiding bad habits, exercising and sleeping well.



Free Sports

Are you wondering how to stay fit and healthy? You don't have enough money? We have some answers for you. Free sports are activities you can have good time, stay fit and most important is that you don't have to pay for it.

You can do both individual and team sports depending on your preferences and your available mates. The most easy sport you can do that doesn't need any equipment is running. You can grab a friend or even alone, wear your running shoes, light clothes, earphones and a bottle of water and run around your neighborhood or go to an open sports field.

If running seems too demanding for you and you own a bicycle or you can rent one, cycling is a very interesting option. With cycling you can travel longer distances and see more places while also you could participate in competitions if you gain enough experience.

If you an available pool or sea or lake or river or anything you can jump into, swimming is one of the most popular type of sport. You have to be careful though, because If you don't swim very well you might get into difficult situations. If that is the case you can take someone experienced with you or don't go very far and deep inside.

If you are able to find a team you can try to play some team sports, which also free. For example, if you can gather 7 more people you can play a decent match of football at the local open pitch or at the beach. All you need is a football to play football. Same as basketball, you need a basketball for that as well. If you are of young age and you are not satisfied with your height, it is a more attractive possibility. Both football and basketball teach you the principles of team spirit, cooperation , while also exercise your mind because in contrast with the sports mentioned before, you have to think about strategies, when it is the correct time to pass or shoot or keep the ball and much more.

In conclusion, you can see how many options you have to get fit while also having fun and staying healthy without spending money. Choose what best suits you and don't waste any more time, start today.



Food tips for a healthy diet

Would you like to be more healthy, energetic and fit? It is much easier than you think. All you need is some food tips that will help your body receive everything it needs. We are here to suggest a weekly schedule for every meal of the day.

For breakfast, which is the most important meal of the day, we suggest whole grain bread with honey, one or two fresh fruits, a couple of eggs, vegetables, musli with water or low fat milk and homemade juice. This way, you will get all the vitamins and other minerals your body needs to work properly and keep you energetic.

For lunch which is also very important and must never be skipped for any reason, we suggest rice, whole grain pasta, legumes, boiled potatoes and other food containing carbohydrates. Once a week you should consume fish or chicken which will provide you with proteins that are required for development of muscles. When eating meat you should never forget to accompany it with salad and one glass of red wine. Moreover, you should always put healthy fats like olive oil in your salads.

For dinner, it must be light like low fat yoghurt in which you can add honey or pieces of fruit. Another option is the Greek salad or a couple of fruits.

Finally, we don't suggest that you stop eating everything else, you should eat sweets and food with fat but you should always keep a strict limit to them.

