

# MAINTAINING THE BODY



EVERYTHING YOU NEED TO KNOW  
ABOUT HAVING A HEALTHY BODY  
WITH THE RIGHT FOODS

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# Foreword

It is not a question anymore of why is it necessary to have a strong and healthy body, it is a question of how we are going to sustain a healthy body. Generally, we know the benefits of having a healthy body, however many of us don't know how to sustain a healthy body. This is actually the true challenge, and once you are able to master the concept of keeping your body fit, you'll be able to fight any physical, mental and emotional disability better than the others.



## ***Maintaining The Body***

Everything You Need To Know About Having A Healthy Body With  
The Right Foods

# Chapter 1:

## *Introduction*

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So how do we sustain a healthy body? Generally, we can keep our body in good shape when we feed it with the right nutrition and at the same time we do regular exercise. Physical exercise is known to be very effective in keeping our body working properly. This is because a good exercise can strengthen the immune system which is responsible in defending our body against any diseases. Furthermore, it can also improve our body's digestion, blood circulation and musculoskeletal function.

