

# Happy As You Want To Be

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How many times have you gone to sleep at night, swearing you'll go to the gym in the morning, and then changing your mind just eight hours later because when you get up, you don't feel like exercising? While this can happen to the best of us, it doesn't mean you should drop the ball altogether when it comes to staying fit. What people need to realize is that staying active and eating right are critical for long-term health and wellness -- and that an ounce of prevention is worth a pound of cure. The more you know about how your body responds to your lifestyle choices, the better you can customize a nutrition and exercise plan that is right for you. When you eat well, increase your level of physical activity, and exercise at the proper intensity, you are informing your body that you want to burn a substantial amount of fuel. This translates to burning fat more efficiently for energy. In other words, proper eating habits plus exercise equals fast metabolism, which, in turn gives you more energy throughout the day and allows you to do more physical work with less effort.

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