

If I wanted, I could change a few things in my life-style

Sometimes we are really not aware of the consequences of living an unhealthy life. I presume that if we tried doing everything in a healthy way, we would probably live much longer. The only problem is that it is really hard to stick to all the rules of healthy living. It is not that easy to give up the things you like and enjoy because they are not healthy.

Some people really do not care how long they are going to live. They prefer their lives short and more enjoyable. Their motto is *live fast and die young*

But there are also people who are obsessed with healthy living. There were cases when people thought they lived healthier because they did not consume meat or milk products and were feeding themselves only with bio-products. In a few years the results have shown that those people got weaker and not only that they were not healthier, but the condition of their health got even worse. This proves that none of the extremes are good. The best thing to do is to watch your weight, take exercise and try to avoid stress.

Nowadays it is very hard to do all that. It is almost impossible to avoid stress. Even with watching your weight there are problems. It is very hard to find time for a healthy meal and exercise. People usually just feed themselves with junk food because the preparation is faster.

I think that if I wanted to change my life-style to a healthier one, it would be impossible. I cannot possibly avoid stress and pressure I am under in school. I think I eat pretty much healthy food and I do take exercise. But I still think my life is not healthy. One of the things that are really important at living a healthy life is getting enough sleep. This is impossible for me to reach, since I have to get up at 6:30 in the morning, so I can get to school on time. No matter how early I go to bed, I cannot fall asleep before 11p.m. So, I sleep 7 hours, which, I feel, is not enough. I am constantly tired and sleepy. This is the thing that ruins my health the most.

My conclusion is that this title is not all true. I would change it to: *I would change a few things in my life-style, if I could*