

Calories Control



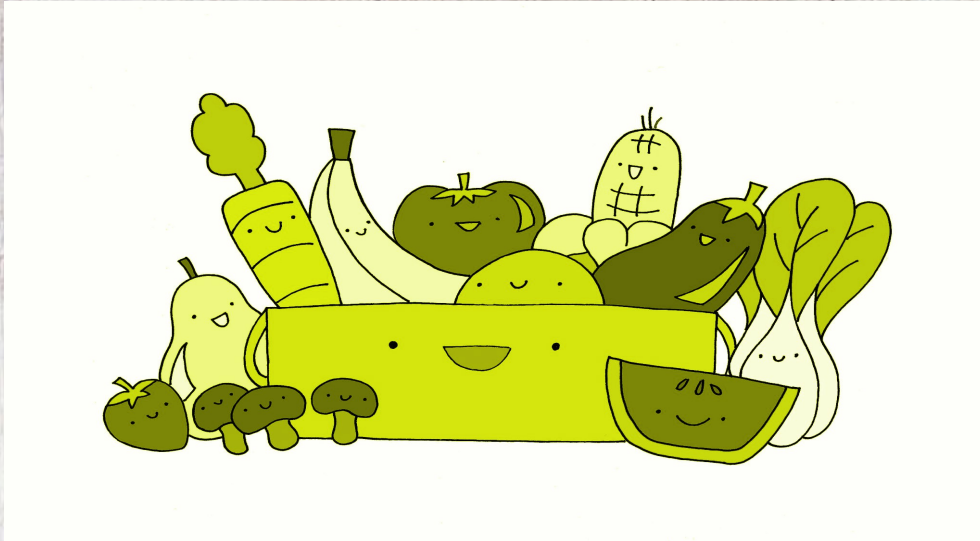
Calories control is not always an easy job because most people would do it in the wrong way by counting calories and don't care of nutrition for example. If you understand calories control as having balanced relationship with food, It may lead you to living a healthy and happy life.

In this presentation we will give you few tips on how to control your calories intake without being stressed all the time. :)



Eat more healthy food

Eating more real food reduces the intake of highly processed foods that provide few nutrients, are packed with empty calories and increase the risk of many health-related diseases.



Establish a fitness routine

Exercise can increase metabolism, or how many calories you burn in a day. It can also help you maintain and increase lean body mass, which also helps increase number of calories you burn each day.



Control food portion size

That's where portion control comes in. If you're eating more calories than your body needs, your body will take those extra calories and store them as fat. The more extra calories you consumer, the more fat you'll store.



Eat less salt and sugar

The problems that come with consuming too much salt and sugar can really affect your weight and it can bring other issues such as not having your body system working properly.



Get enough sleep

Sleep allows you to recharge the body and mind, so having a good night of sleep helps you remain healthy and stave off diseases. Without it your brain can stop working properly and it impairs your cognitive abilities.



Take care of your mental health

Counting calories as a behaviour can create and develop mental disorders, like anxiety and stress. So you don't have to count calories to be healthy, you just need to take care of yourself like a baby.



In conclusion, we need a healthy lifestyle to build up a healthy immune system and to avoid disease. If we are healthy, active, happy and have positive relationship with food, we would naturally be in a good physical and mental shape.



The Power of Photography

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