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Reasons to Keep Fit We get asked quite often by people "why should I exercise?" So in this short article FitFanatics are going to take a look at some of the main reasons why living a healthy lifestyle and regular exercise does wonders for you and your body.

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To keep your body fit with food, monitor your portion size so that the majority of your food is coming from the bottom of the food pyramid. Prioritize fresh foods such as fruits, whole grains, and fish and only eat red meat and white rice in moderation. You can also try adding super foods like broccoli, sweet potatoes and nuts to your diet. Control your hunger and supplement your diet with ...

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