

- Exercise / Diet / Oils and fats

## Want a healthier life? Here are three things that you need to get started on to achieve this

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AS The old adage goes, health is wealth and you are what you eat. In more recent times, there has been an increasing desire among Filipinos to create new lifestyle routines and habits, whether that means integrating wellness practices into your schedule, trying to stay active, or eating healthy for maintenance.



Registered nutritionist-dietitian Dr. Dexter Macalintal offers these simple tips to get started on the road to a healthier lifestyle.

### TIP 1: SIMPLE, PHYSICAL ACTIVITIES

DOING a moderate-intense physical activity for at least 30 minutes daily can go a long way. Start with one day and then try to gradually increase it to five times a week. Be sure to compute your target heart rate, based on your age, and try to consistently reach that to make each physical movement count.

It also helps to find workout styles that you actually enjoy doing. That way, it won't feel as draining or like a chore. Simple choices such as taking the stairs or taking short walks can be just as effective.

### TIP 2: A PROPER DIET

Eating right means going beyond what the stomach and gut want. Instead, choose what is ultimately good for the heart to maintain healthy living. Heart health is typically tied to your blood cholesterol levels and it's important to eat foods that help you keep control of it.

"A person with an increased level of cholesterol in their blood may lead to a possible condition called atherosclerosis that could develop when different substances form a plaque in one's arteries and may link to stroke and heart disease," said Dr. Macalintal.

When planning your dietary meals, it would be best to have a combination of complex carbohydrates, lean protein, and healthy fats to provide the energy, vitamins, minerals, and phytonutrients essential for daily living. You can have a healthier option for your merienda by having a vegetable burger cooked in canola oil, partnered with wheat bread, lettuce, tomatoes, and cucumber as the other ingredients.

### TIP 3: USE HEALTHY OILS

Having heart-healthy food means using heart-healthy ingredients, especially with daily essentials like cooking oil. A staple for most Filipino households and dishes, choosing a heart-healthy cooking oil is good in replacing bad fats as this can manage the risk of heart disease and stroke.

“Canola oil with phytosterols is a good option as it has unsaturated fats in it and is known for being better and generally safe for most home cooking uses, which in this case, the dietary meals,” added Dr. Macalintal. “It also has positive effects on the body by providing nutrients such as Vitamin E which helps act as an antioxidant that is highly needed in one’s personal daily life.”

Furthermore, Dr. Macalintal advises that it is important for one to take into consideration moderation, variety, and balance when it comes to maintaining a healthy lifestyle.

On your next grocery run, try Golden Fiesta Canola Oil - the healthy cooking oil with zero percent Cholesterol, zero percent Trans Fat, and Phytosterols that can reduce the risk of coronary heart disease by reducing the absorption of cholesterol into the body.