



## KEY

# What You Didn't Know About a Healthy Lifestyle



Everyone nowadays knows the benefits of **physical** exercise – but scientists at the University of Maastricht, in the Netherlands, say the key to staying **slim** and keeping fit is to eat less and do **gentle** exercise such as walking or cycling. People who exercise too intensively often reward themselves by spending the rest of the day in front of the TV set. At the same time, they have to eat more to give them **energy** for the next workout. To avoid gaining **weight**, researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

A low-fat **diet** may be good for your waistline, but research suggests it may have negative psychological **effects**. Doctors at Sheffield University have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depression and bad **mood**.

Many of us already know that drinking coffee raises your blood **pressure** but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular **doses** of caffeine by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can **reduce** the risk of heart **attacks** and have a positive effect on **cholesterol** levels and high blood pressure.

If you're a chocolate fan there's good news for you! Recent studies have revealed that **chemicals** found in chocolate can not only put you in a good mood but also **protect** you from a variety of minor illnesses including colds, coughs, depression and even help reduce the risk of **heart** disease.