

7 Things Experts Said Were Bad for you in 2015 | 5
7 Things Experts Said Were Good for you in 2015

This week's article of the week "7 Things Experts said Were Good/Bad for you in 2015" discusses things that could improve one's health, and things that people should be careful about because it could damage your health. The passage states "sitting may be worse for us than smoking". This means that some things that might not seem bad are actually harming you in a big way. The passage also states that "Uninterrupted sleep may help ward off Alzheimer's disease". Something so little could have a huge impact on someone's life. The significance of the facts shows that people should focus more on the health state of their bodies.

On a scale of 1 to 10 I feel like 7 would be a good number to describe how I take care of my health. What is most interesting to me is that this article makes me want to change my bad habits. It made me realize that I could do more to take care of myself like eating healthy. I now think that the way I treat my health now is not enough. I surely will be taking more care of myself. After reading this I will now become more cautious about what I am doing to myself. Excellent!