

Influence of Nutritional and Exercise Factors on the optimal Body Characteristics in Females

Dr. Reem Al-Bareeq, MD*
Kimberly Sylue**

In our body-conscious era, women struggle to attain the perfect body. Sometimes they can retreat to unconventional methods to achieve that. But it is proper nutrition, which is about 75% responsible for the way the body looks. The remainder is facilitated by weight training and cardiovascular exercise. Physical exercise, undoubtedly, plays a pivotal role in the maintenance and achievement of desirable optimal body characteristics. This review intends to focus on these two important issues.