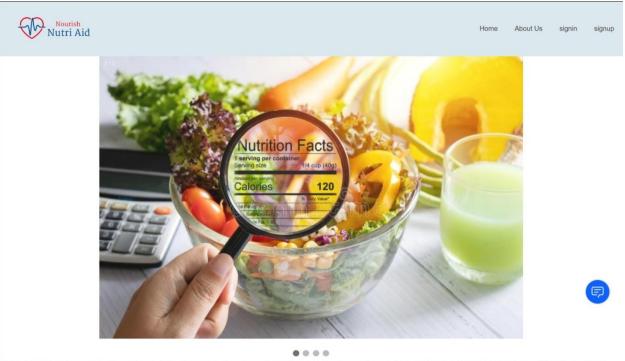
# Output ScreenShot:

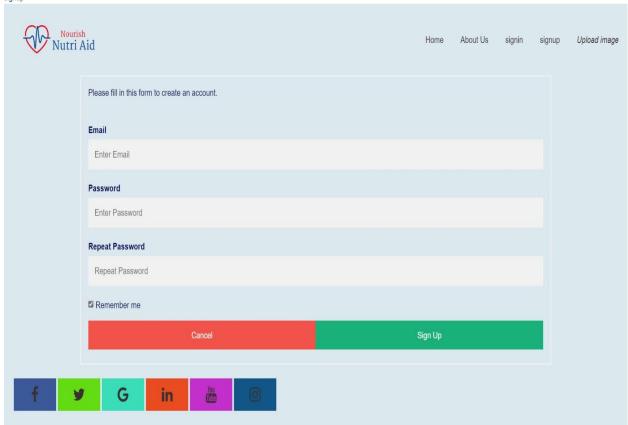
### Nourish Nutri Aid:

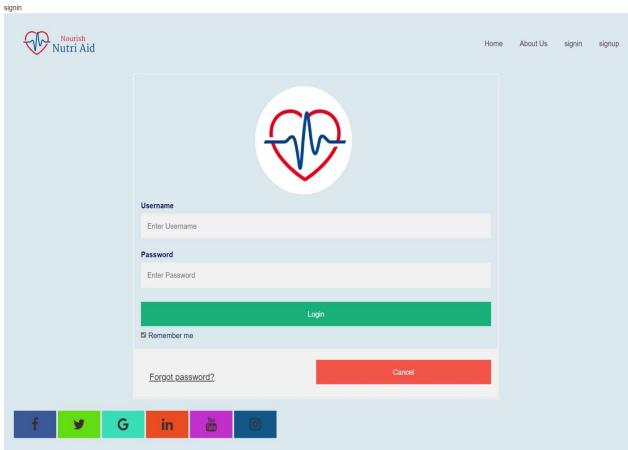


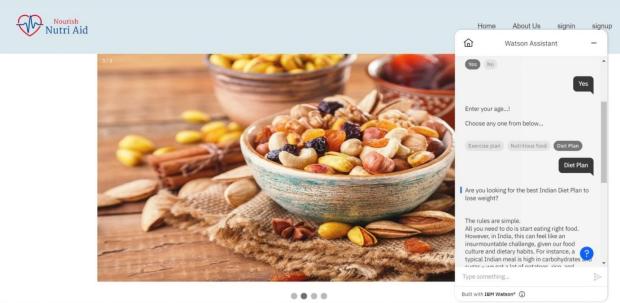
We have always heard the word 'health' and 'fitness'. We use it ourselves when we say phrases like 'health is wealth' and 'fitness is the key'. What does the word health really mean? It implies the idea of 'being well'. We call a person healthy and fit when he/she function well physically as well as mentally.

Factors Affecting our Health and Fitness Good health and fitness is not something which one can achieve entirely on our own. It depends on their physical environment and the quality of food intake. We live in villages, towns, and cities. In such places, even our physical environment affects our health. Therefore, our social responsibility of pollution-free environment directly affects our health. Our day-to-day habits also determine our fitness level. The quality of food, air, water all helps in building our fitness level. Role of Nutritious Diet on our Health and Fitness The first thing about where fitness starts is food. We should take nutritious food. Food rich in protein, vitamins, minerals, and carbohydrates is very essential. Protein is necessary for body growth. Carbohydrates provide the required energy in performing various tasks. Vitamin and minerals help in building bones and boosting our immune system. However, taking food in uneven quantity is not good for the body. Taking essential nutrients in adequate amount is called a balanced diet keep body and mind strong and healthy. Good food helps in better sleep, proper brain functioning and healthy body weight. Include vegetables, fruits, and pulses in daily diet. One must have a three-course meal. Having roughage helps in cleaning inner body organs. Healthy food habit prevents various diseases. Reducing the amount of fat in the diet prevents cholesterol and heart diseases. Get the huge list of more than 500 Essay Topics and Ideas Impact of Exercise on our Health Routine exercise helps improve our muscle power. Exercise helps in good oxygen supply and blood flow throughout the body. Heart and lungs work efficiently. Our bones get strong and joints have the pain free movement. We should daily spend at least twenty minutes in our exercise. Daily morning walk morrows our fitness level. We should avoid strenuous Gym activities. Exercise burns our fat and controls the cholesterol level in the body. Various outdoor games like cricket, football, volleyball, etc





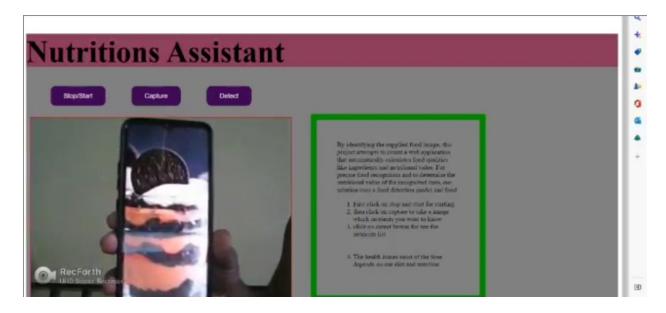




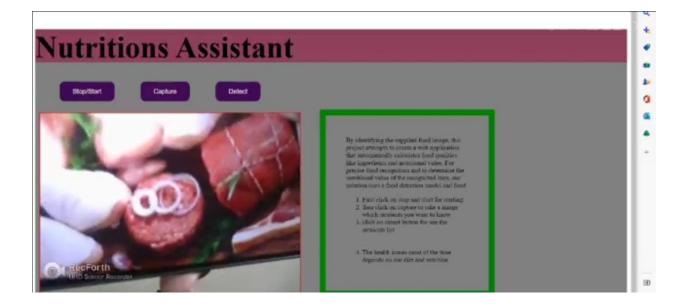
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#### Assistant

### Our model said that it is a Meat

## and Nutrients present is Meat are following

Quantiery 1905 pas Energy 177 vod Protess 13 gas Carbolicylmin Nobl Vannamed. 2 Nobl Eiber Nobl Fabr Nobl Pas Carboned Nobl Vannamed. 9 Nobl Vannamed. 12 Nobl Vannamed. 12 Nobl Vannamed. 12 Nobl Vannamed. 12 Nobl Vannamed. 15 Nobl Vannamed. 25 Nobl Phospharms. 220 mg Unnamed. 24 Nobl Noblem. Nobl Vannamed. 25 Nobl Phospharms. 220 mg Unnamed. 24 Nobl Noblem. Noblem

House



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