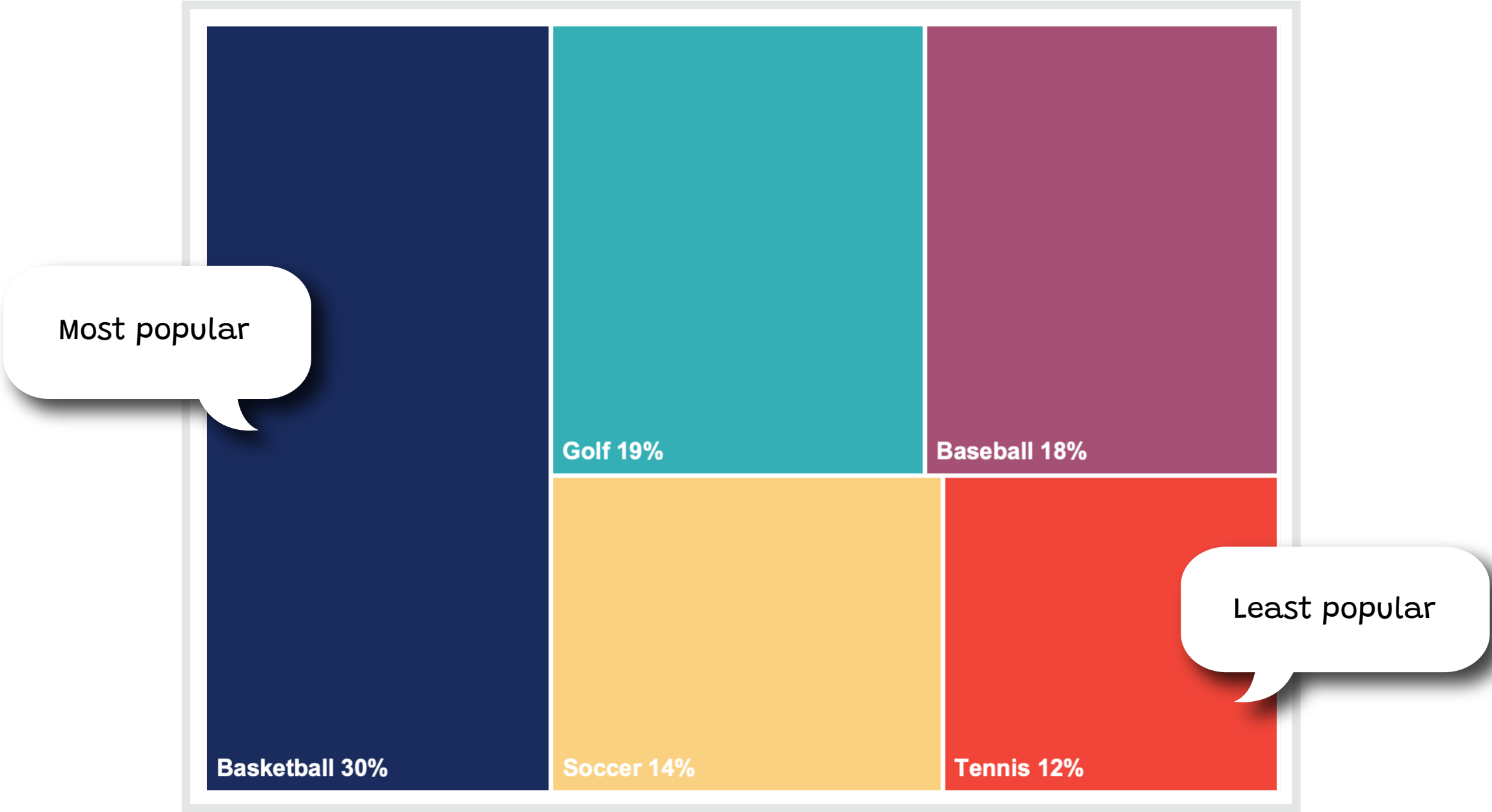


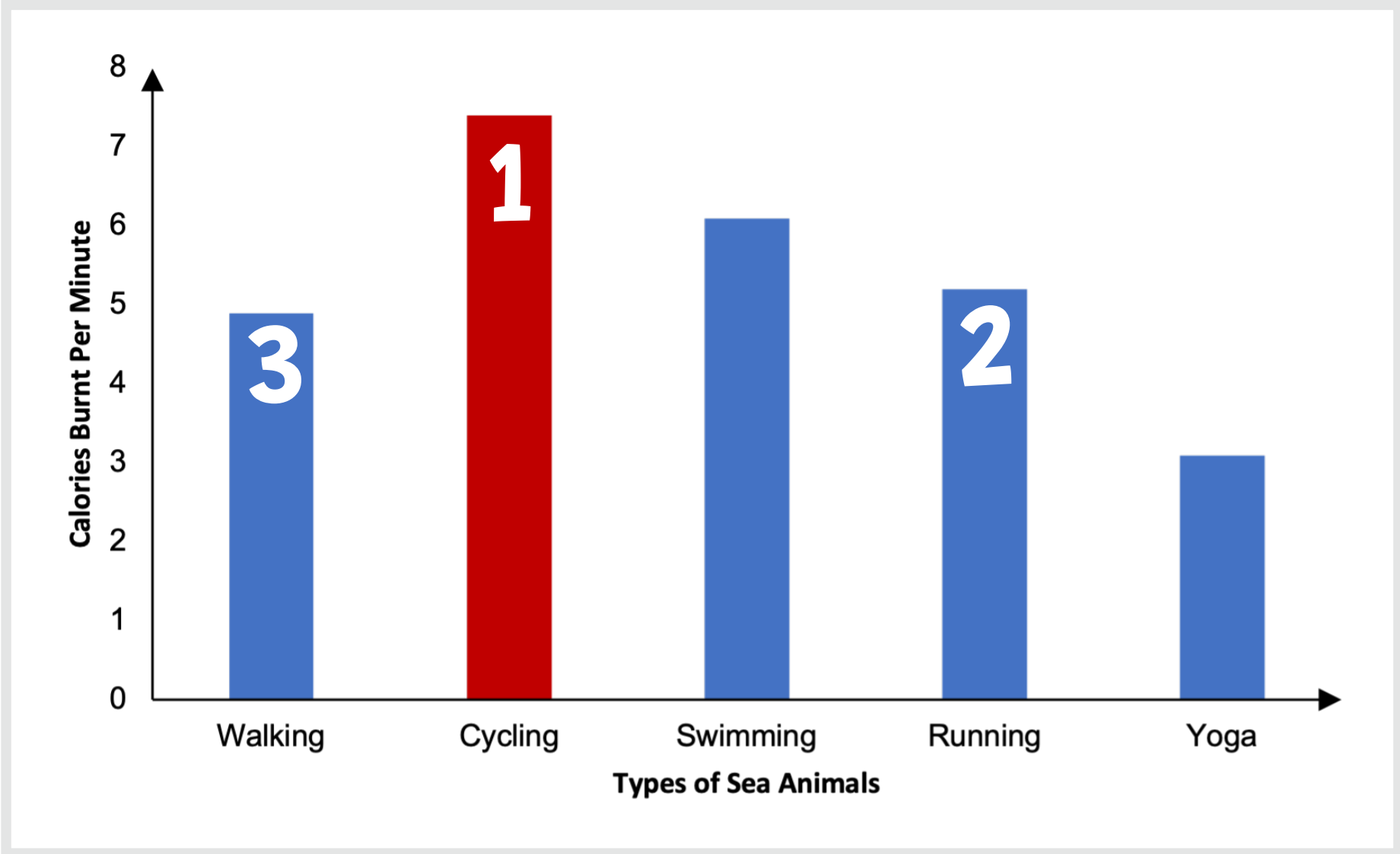
Balanced Living

A balanced life means finding harmony in our daily routines, like staying active, drinking enough water, and managing stress. In this data story, we look at how sports, water intake, and wellness over time contribute to better health.

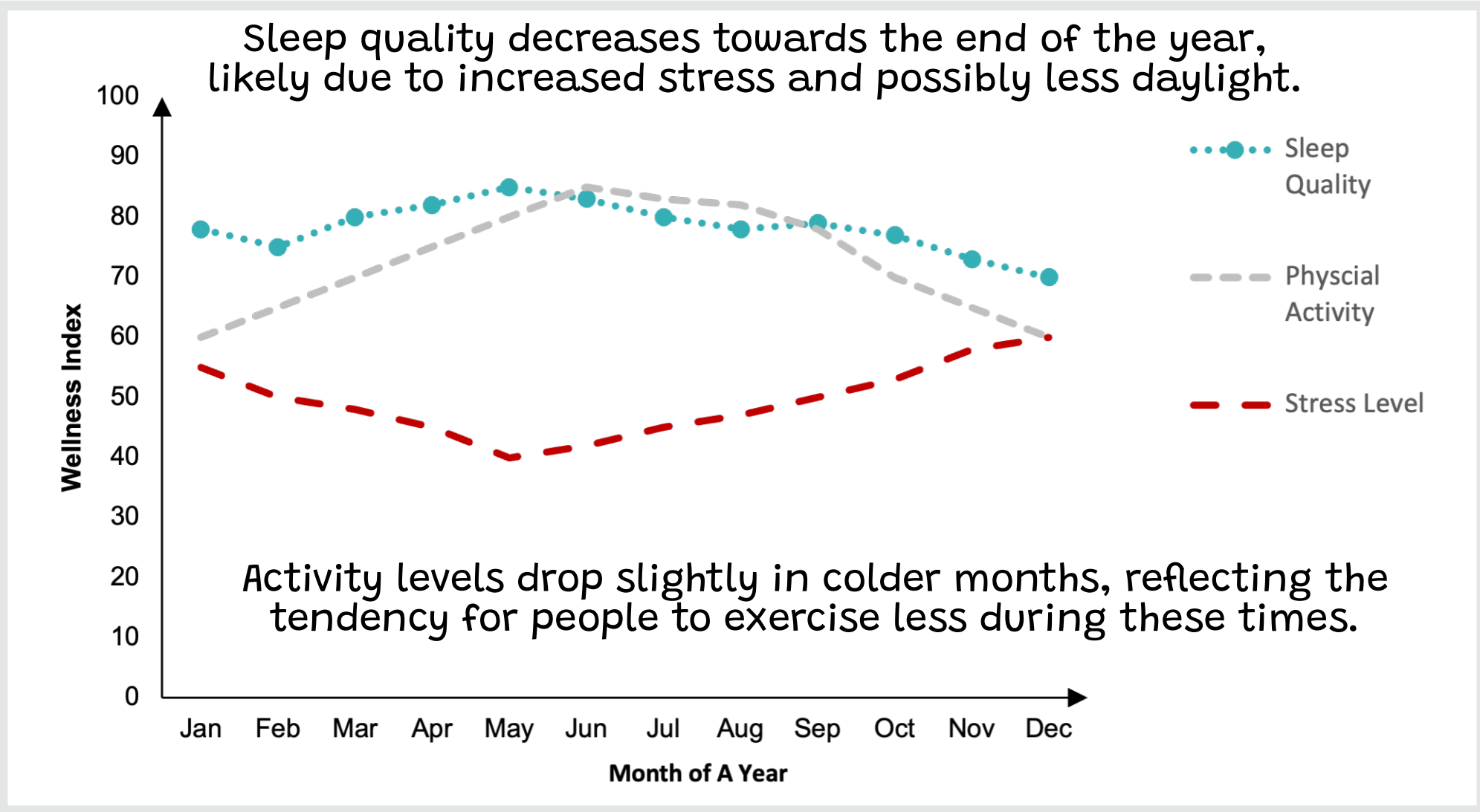
Top 5 Popular Sports



Most Calorie-Burning Cardio Exercises



Sleep, Exercise, and Stress: Wellness Over Time



Water Intake by Sources

