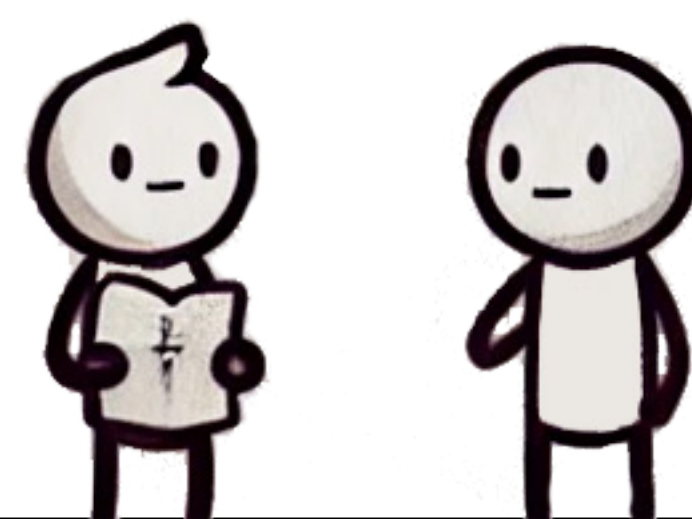


Balanced Living

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.

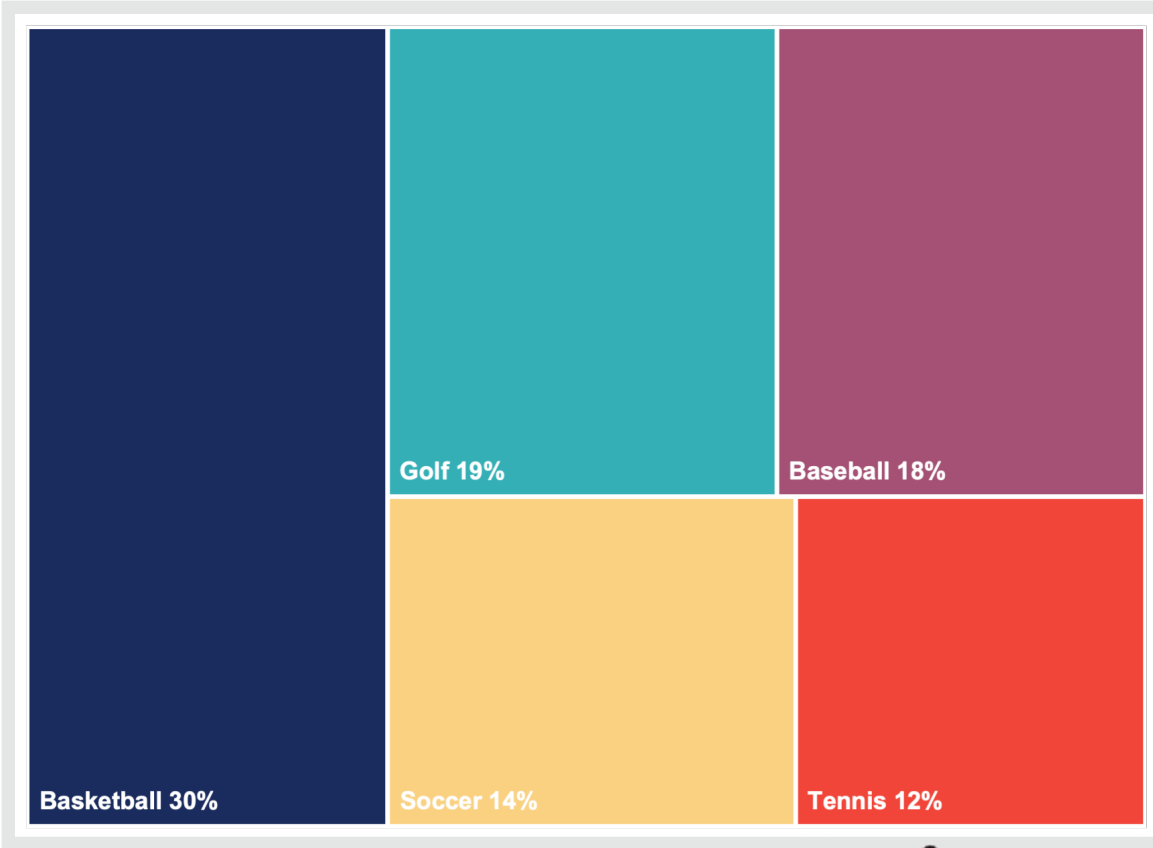
I'm reading a book on wellness. Want to chat about it?

Sure. Tell me what you've learned so far.



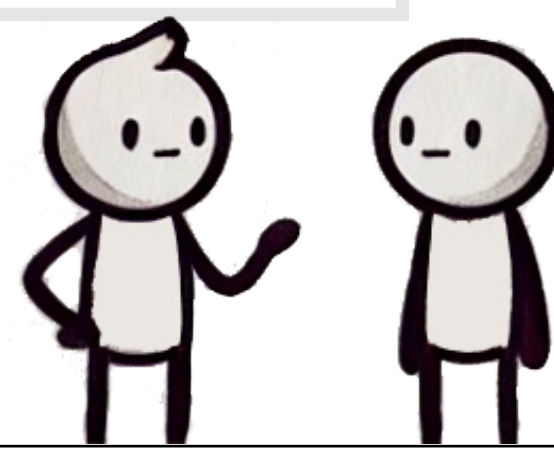
1

Top 5 Popular Sports



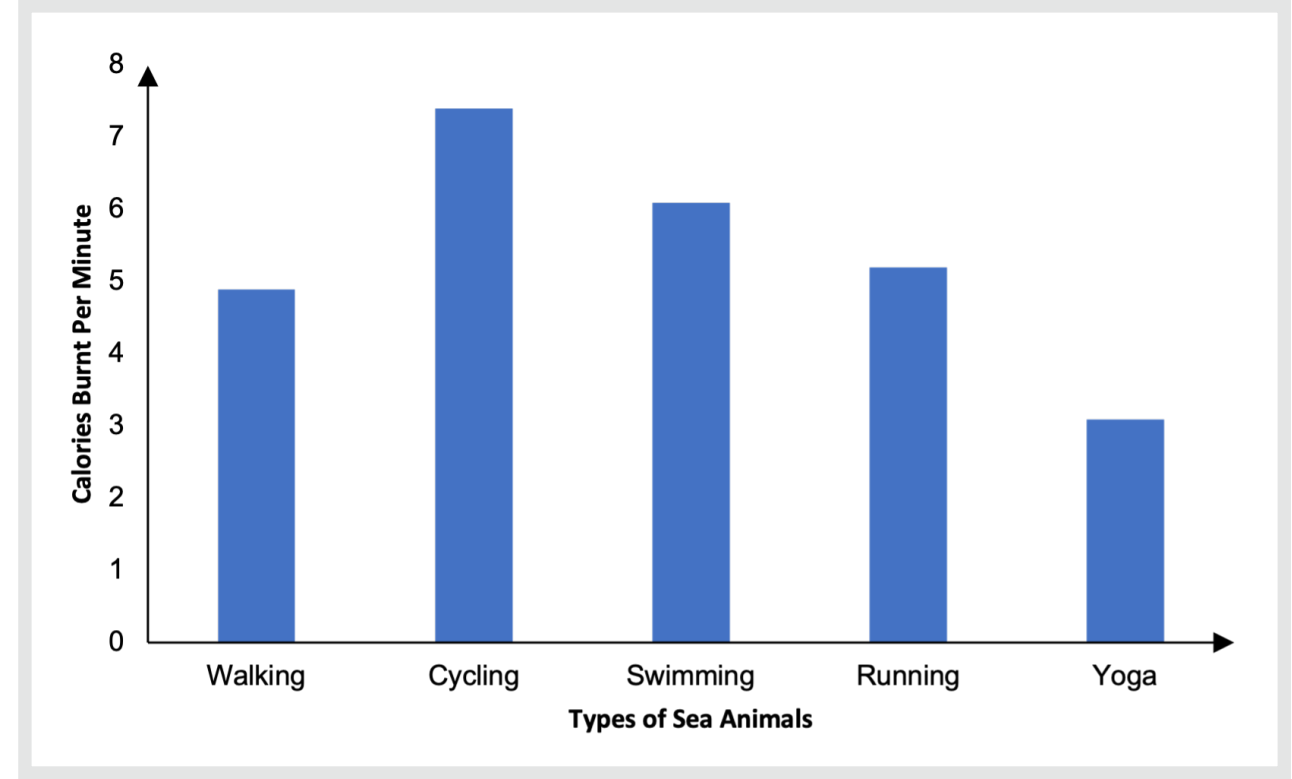
Sport	Percentage
Basketball	30%
Golf	19%
Baseball	18%
Soccer	14%
Tennis	12%

Basketball is the most popular cardio exercise, while tennis is the least.



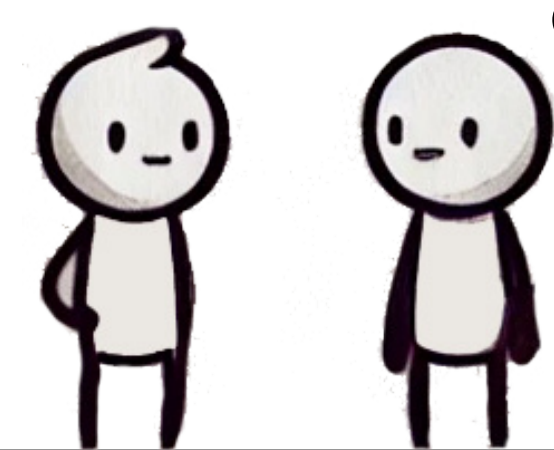
2

Most Calorie-Burning Cardio Exercises



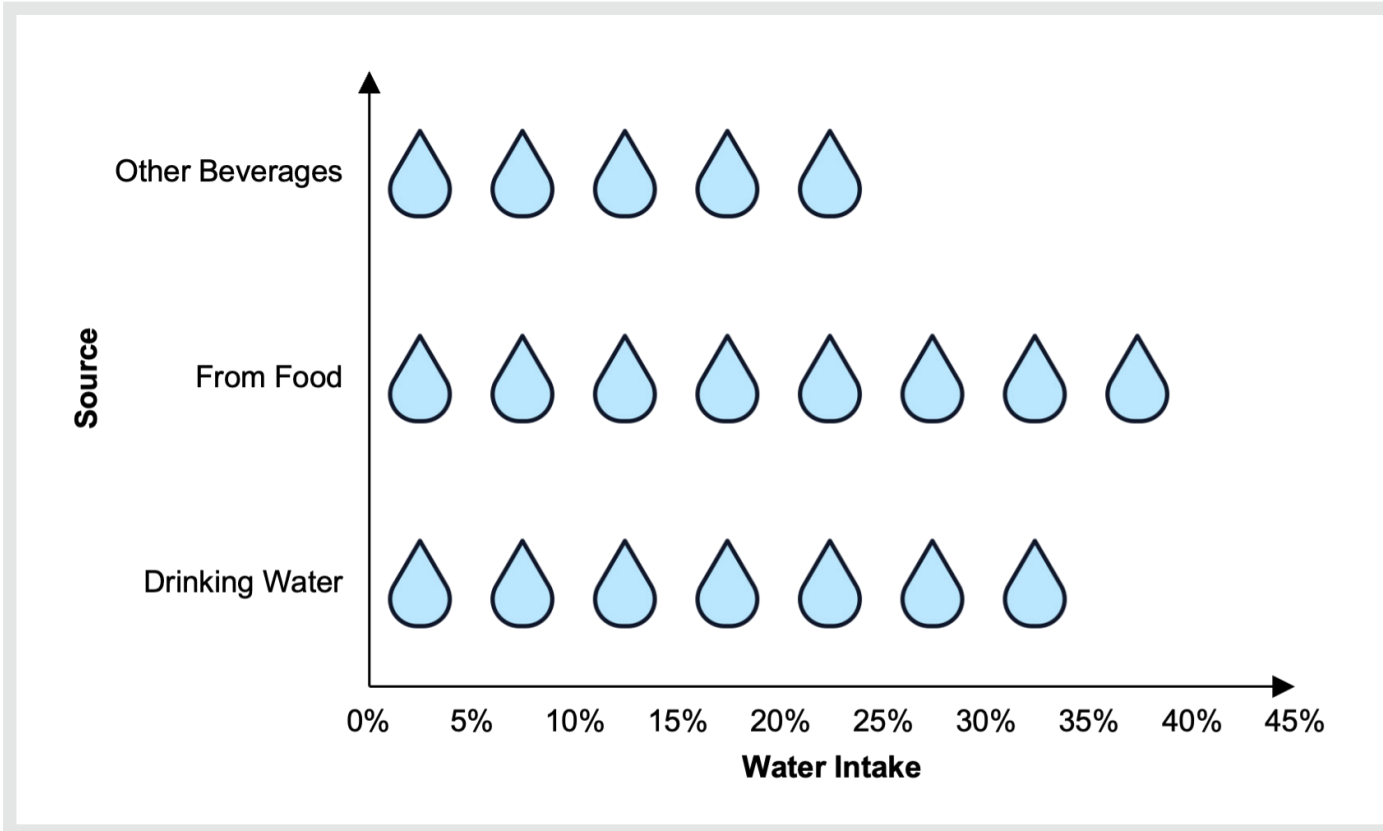
Activity	Calories Burnt Per Minute
Walking	5
Cycling	7.5
Swimming	6
Running	5.5
Yoga	3

Cycling burns the most calories every minute, with swimming and running close behind.




3

Water Intake by Sources



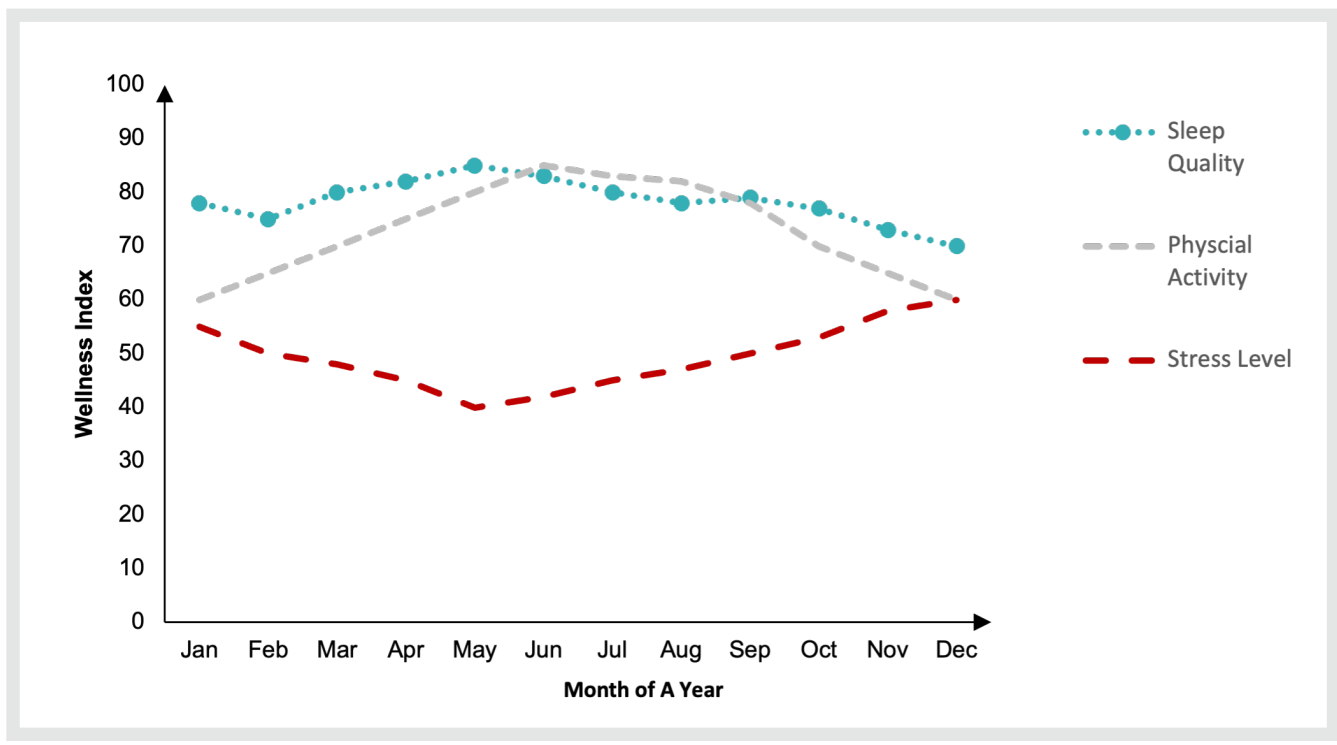
Source	Percentage
Other Beverages	5%
From Food	35%
Drinking Water	20%

Most of the water we consume daily comes from food.



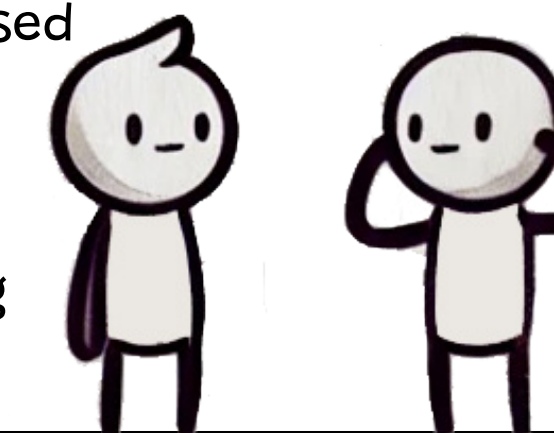
4

Sleep, Exercise, and Stress: Wellness Over Time



Month	Sleep Quality	Physical Activity	Stress Level
Jan	80	60	55
Feb	78	65	50
Mar	82	70	48
Apr	85	75	45
May	88	80	42
Jun	85	85	45
Jul	82	82	48
Aug	80	80	50
Sep	78	78	52
Oct	75	75	55
Nov	72	72	58
Dec	70	70	60

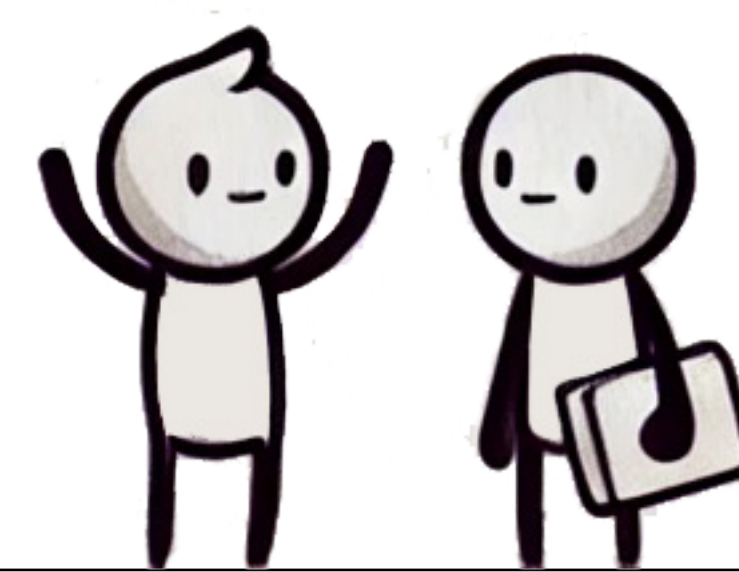
Sleep quality decreases towards the end of the year, likely due to increased stress and possibly less daylight. Activity levels drop slightly in colder months, reflecting the tendency for people to exercise less during these times.



5

Here you go, I'm passing the book on to you.

Thanks! I'll share my thoughts once I'm done reading.



6