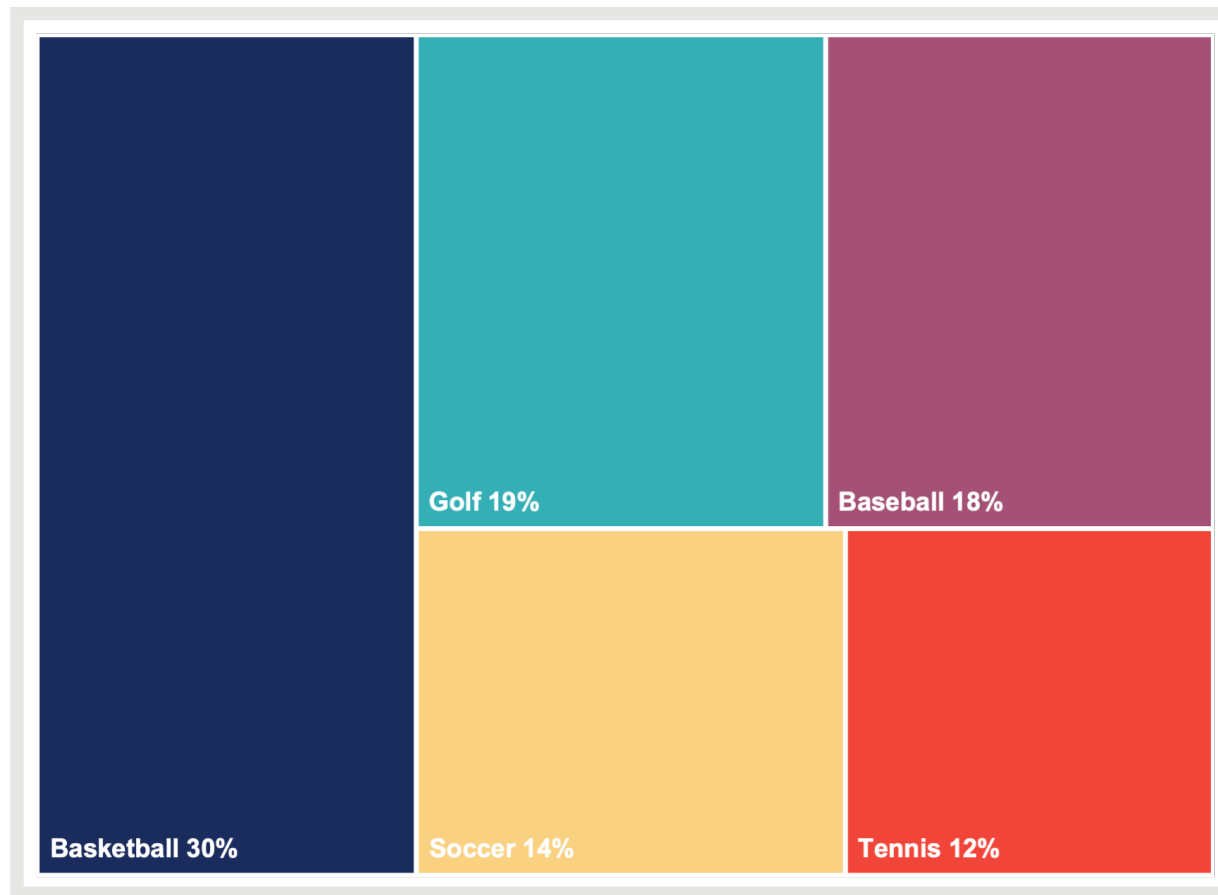


# Balanced Living

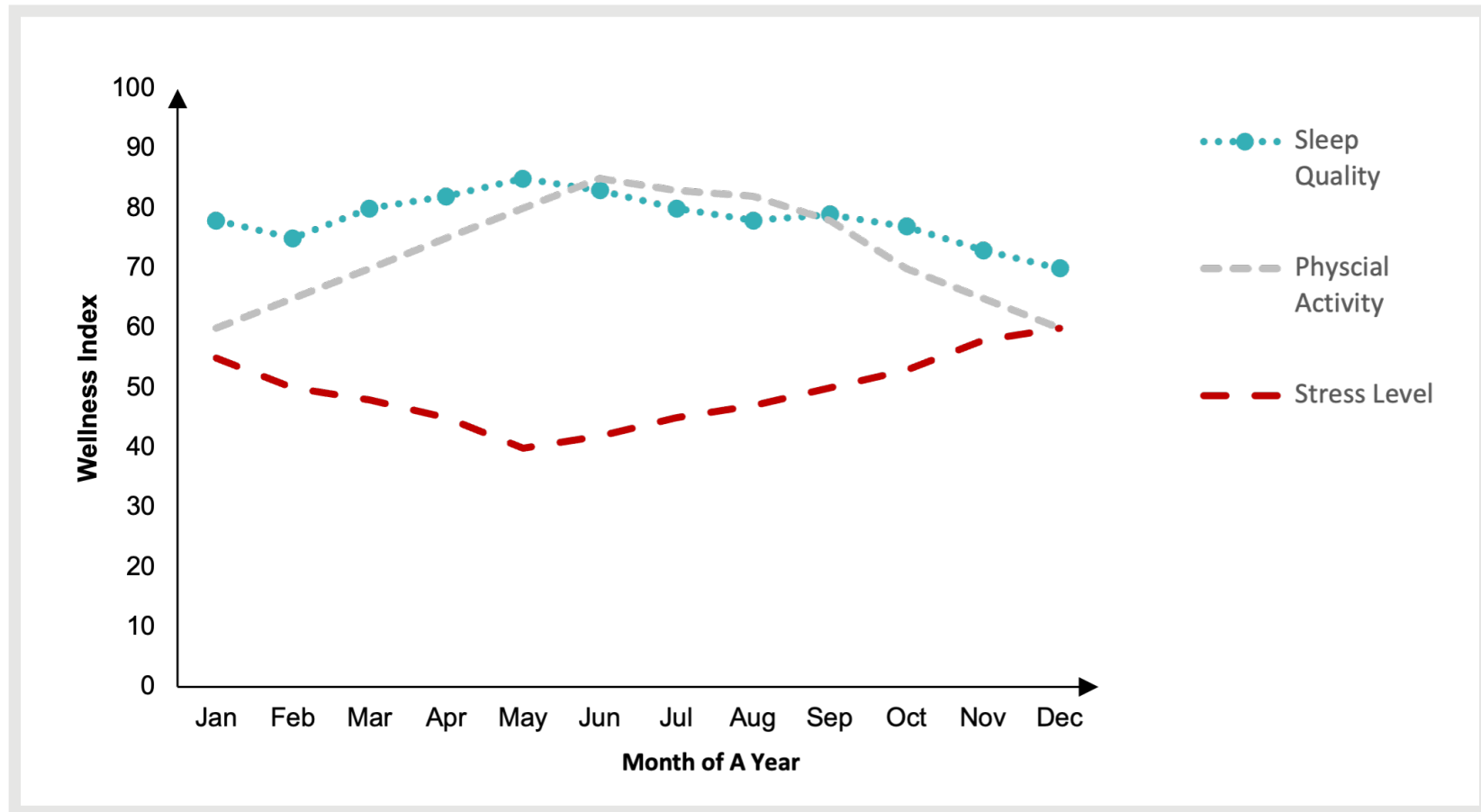
A balanced life means finding harmony in our daily routines, like staying active, drinking enough water, and managing stress. In this data story, we look at how sports, water intake, and wellness over time contribute to better health.

## Top 5 Popular Sports



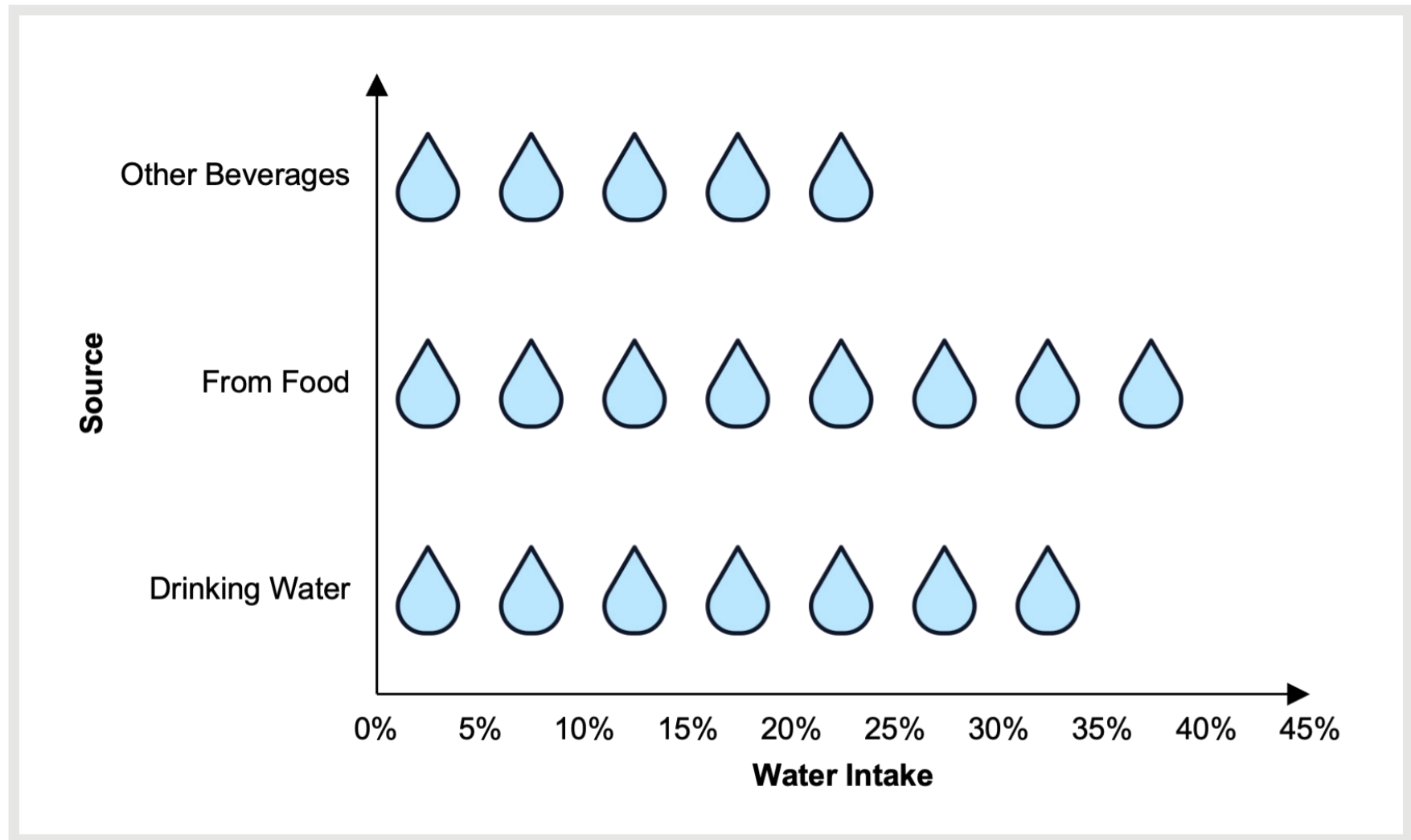
Basketball is the most popular cardio exercise, while tennis is the least.

# Sleep, Exercise, and Stress: Wellness Over Time



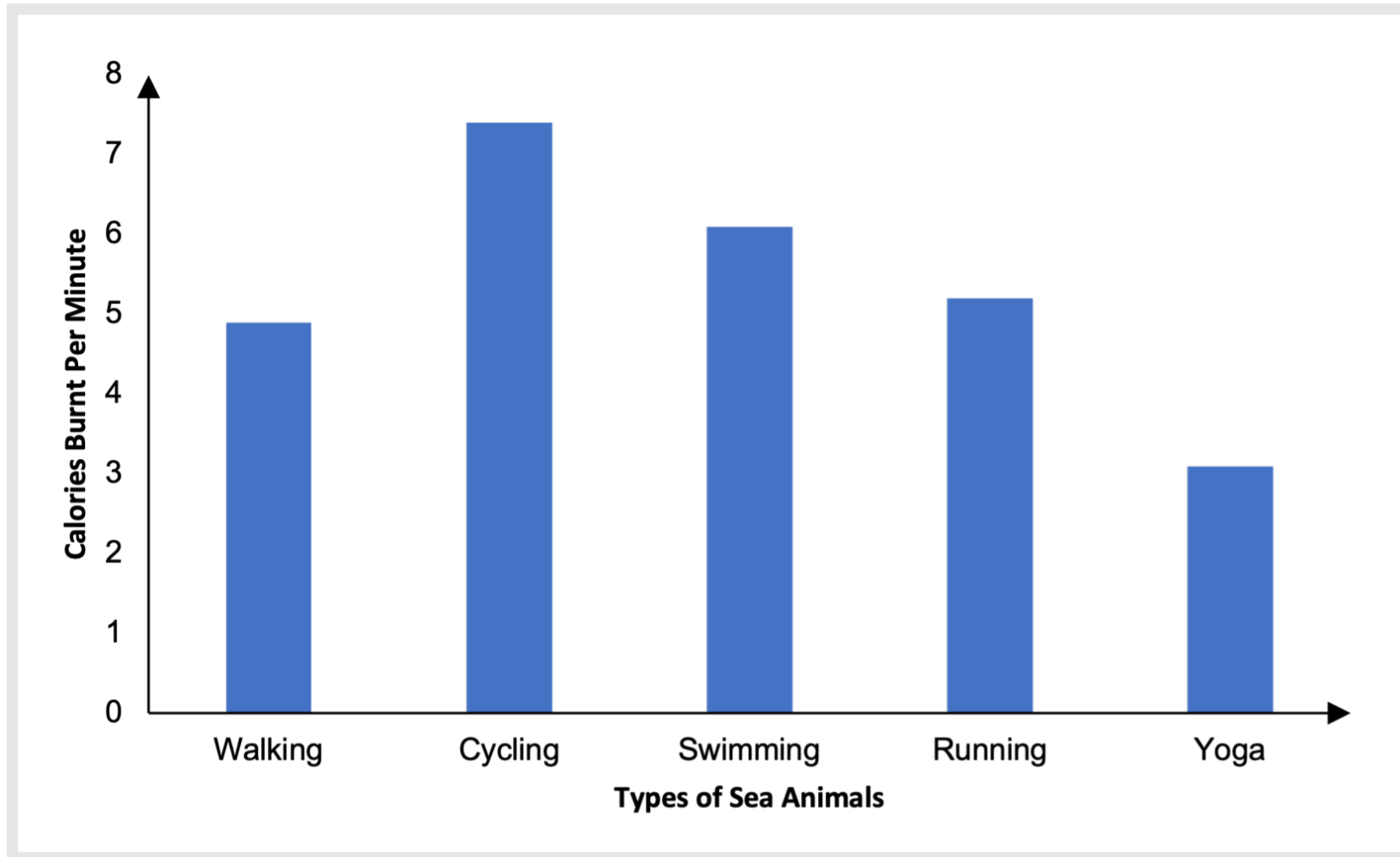
Sleep quality decreases towards the end of the year, likely due to increased stress and possibly less daylight. Activity levels drop slightly in colder months, reflecting the tendency for people to exercise less during these times.

# Water Intake by Sources



Most of the water we consume daily comes from food

## Most Calorie-Burning Cardio Exercises



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