

Health and Wellness Guide

A Complete Guide to Healthy Living

Introduction

Maintaining good health requires a holistic approach that includes proper nutrition, regular exercise, adequate sleep, and stress management.

Nutrition Guidelines

A balanced diet should include fruits, vegetables, whole grains, lean proteins, and healthy fats. Limiting processed foods and added sugars is essential for optimal health.

Exercise Recommendations

Adults should engage in at least 150 minutes of moderate-intensity aerobic activity per week, plus muscle-strengthening activities on two or more days per week.

Mental Health

Mental health is equally important as physical health. Practice stress management techniques and seek support when needed.