



Some tips using which you can make yourself healthy:

1. Eat a healthy diet
2. Consume less salt and sugar
3. Reduce intake of harmful fats
4. Avoid harmful use of alcohol
5. Don't smoke
6. be active
7. Check your blood pressure regularly
8. Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days.
9. Take time to laugh
10. Dance around while you do your housework
11. Has something been bothering you? Let it all out...on paper.
12. Spend some time with a furry friend.
13. Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.
14. Do your best to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.
15. Feeling anxious? Take a trip down memory lane and do some coloring for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect.