ABOUT

Having a healthy lifestyle is all about choosing to live your life in the most healthy way possible. There are a few things you have to do to start living your life in this way, i.e., the healthy way. This means doing some amount of exercise daily, such as jogging, yoga, playing sports, etc. Adding to this, you must also have a balanced and nutritional diet with all the food groups. It would be best if you were taking the right amount of proteins, carbohydrates, vitamins, minerals, and fats to help you have a proper diet. Grouped with these two essential aspects (diet and exercise), a healthy person also maintains the same sleep cycle, which should consist of around 7-8 hours of sleep.

However, we must remember that a healthy lifestyle not only refers to our physical and mental health. Maintaining a balanced diet, exercising daily, and sleeping well are essential parts of a healthy lifestyle. But feeling happy is also a big part of a healthy lifestyle. To enable happiness, thinking positively is a must. When a person does not feel happy or good about themselves, they are not entirely healthy. Thus we must do our best to think positively so that we can feel happy rather than sad.

Quote for muscle strengthpage –

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

[**Arnold Schwarzenegger**](https://www.azquotes.com/author/13187-Arnold_Schwarzenegger)

Muscle strength exercise quotes:

“If you want something you’ve never had, you must be willing to do something you’ve never done.”

-Thomas Jefferson