

Chapter 2 Assignment

The Benefits of a Healthy Lifestyle

A healthy lifestyle is key to maintaining both physical and mental well-being. It helps in boosting energy, improving mood, and reducing the risk of diseases.

1. Physical Health Benefits

Regular exercise and a balanced diet contribute to a stronger immune system, better heart health, and increased longevity. Physical activities like walking, running, or yoga can greatly enhance overall fitness.

2. Mental Health Benefits

A healthy lifestyle also positively affects mental health. Activities like meditation and maintaining a good sleep schedule can reduce stress, anxiety, and depression, promoting a calm and focused mind.

Chapter 2 Tag use :

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