***4 Important Ways for A Healthy Lifestyle***

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**1. Eat Healthier**

Eat a variety of food.

Cut back on salt.

Reduce the use of certain fats and oil.

Limit sugar intake.

Avoid hazardous and harmful alcohol use.

**2. Get Enough Sleep**

It's common to miss 24 hours of sleep. It also won't cause major health problems, but you can expect to feel tired and “off.” According to the Centers for Disease Control and Prevention (CDC), 24-hour sleep deprivation is the same as having a blood alcohol concentration of 0.10 percent.

48 hours without sleep

After going without sleep for 48 hours, a person's cognitive performance will worsen, and they will become very fatigued. At this point, the brain will start entering brief periods of complete unconsciousness, also known as microsleep.

**3. Drink a Lot of Water**

Prevents constipation.

Aids digestion.

Supports kidneys health.

Boosts skin health.

Makes you work out better.

**4. Workout**

Help you control your weight.

Reduce your risk of heart diseases.

Help your body manage blood sugar and insulin levels.

Improve your mental health and mood.

Strengthen your bones and muscles.