**Five ways to stay healthy**

Being healthy is not about what you eat, even though that is a big portion. Being healthy is about how you treat your body, meaning what you put in to it, and the type of things you put your body through. Actually there are so many benefits of having a healthy life style and there are so many little things we can do to improve our health. Most of people think being healthy is an expensive and difficult thing. But it’s incorrect. People are just unwilling to make changes in their lives. There for project idea for this android app is to guide users to stay healthy in five different ways. Since android is the most popular mobile operating system in the world, there are millions of users who have android devices with them. Developing app to guide them to stay healthy is a great thing. Users can view all the guidance by using their fingertips.

Following are the five ways to stay fit and healthy which are going to be explained through the android app.

1. Make exercise part of your everyday life
2. Eat healthy food
3. Eat breakfast everyday
4. Have enough sleep
5. Reduce stress

Exercise keeps the body in shape and youthful. People who exercise also have good strength and are able to perform physical activity for good amount of time. By having healthy food we can avoid lot various illnesses such as cholesterol, blood sugar, blood pressure & etc. App will go through each and every points mentioned above in descriptive manner. It will help users to get a clear idea of having healthy lifestyle isn’t a bad thing at all.

There are thousands of people who suffer from various illnesses due to lack of healthy lifestyle and knowledge to maintain their health. Idea of this app is to help them to discover five different ways to regain their health for a better life.