How to Energetic

1. Sleep at least 7 hours.
2. Reduce Stress
3. Regular Exercise
4. Eat a nutritious diet
5. Limit added sugar
6. Stay hydrated
7. Connect with people
8. Put time aside for yoga, meditation

For Good Health

1.Drink more water

2.Eat breakfast

3. Eat well throughout the day

4.Eat at the right times

5. Use intermittent fasting to control calories and boost endurance.

6. Having a Healthy Exercise Plan

7.Maintain a healthy weight