

Healthy Lifestyle Guide

Healthy Eating

Healthy Fruits

Fruits provide vitamins, minerals, and natural energy. Eating seasonal fruits supports good digestion and immunity.

- 1 Eat fresh fruits daily.
- 2 Avoid excessive junk food.
- 3 Drink enough water.

Vegetables

Green Vegetables

Vegetables supply essential nutrients and help maintain overall health.

Exercise & Fitness

Daily Exercise

Regular exercise keeps the body active, improves stamina, and supports mental wellbeing.

- 1 Walking or yoga daily helps fitness.
- 2 Adequate sleep supports health.

Stay Healthy • Stay Active • Stay Positive