

How to Stay Healthy

1. Balanced Diet

Eat a variety of foods including fruits, vegetables, whole grains, and lean proteins. Avoid excessive sugar, salt, and processed foods to maintain long-term health.

2. Regular Exercise

Engage in at least 30 minutes of moderate physical activity most days of the week. Activities such as walking, cycling, or yoga improve cardiovascular health, strength, and flexibility.

3. Hydration

Drink enough water throughout the day. Staying hydrated helps with digestion, circulation, and temperature regulation.

4. Sleep

Ensure 7-9 hours of quality sleep each night. Good sleep supports mental health, immune function, and energy levels.

5. Mental Wellbeing

Practice mindfulness, meditation, or stress-reducing activities. A healthy mind is essential for overall wellbeing.

6. Regular Check-ups

Visit healthcare professionals for regular check-ups and screenings. Early detection of issues can prevent complications.

7. Avoid Harmful Habits

Limit alcohol consumption, avoid smoking, and practice safe lifestyle habits to reduce risks of chronic diseases.