

Ways to maintains good health

Introduction

Leading a healthy lifestyle is undeniably the is important duty we owe ourselves. As the saying goes, 'If you do not have good health, you do not have wealth'.

Main body

- a) The trick to living healthily and looking one's best is simple: love life, love oneself and practice a few basic disciplines.
- eat balanced meals which provide us with the necessary nutrition.
 - should eat three nutritionally balanced and healthy meals per day
 - diet should include more grains, fruits and vegetables.
 - these foods give us carbohydrate for energy, plus vitamins, minerals and fibre.
 - they taste good
 - drinking a lot of water
 - keep us hydrated and gives us energy
 - also take multivitamin supplements, especially if we are working harder than usual or if we are under stress
- b) We must also exercise regularly to maintain good health.
- join a gym or find a sport that we like
 - exercise reduce stress, which greatly affect how we look
 - fit physical activities into our daily routine
 - walk or cycle or jog to meet our friend instead of going to meet them by car.
 - doing these activities for thirty minutes every day keeps us fit
- c) Eating right and participating in physical activities, regardless of the type, are important aspects of maintaining overall health and fitness.
- also have need rest and sufficient sleep
 - nothing robs us of vitality and health faster than lack of sleep
 - healthy to relax and meditate daily.
 - By practicing yoga
 - Stress reduction is one of the most important thing
 - improve our health and looks
- d) We also need to observe personal hygiene and cleanliness. This means we ought to be clean on all levels: mentality, physically and spiritually.
- refrain from smoking as it affects the skin
 - cause all kinds of health problems.
 - avoid or limit alcohol and caffeine intake
 - dehydrate the skin and can cause other health problems
 - any form of drug taking is a definite no-no
 - To keep your healthy lifestyle and your mind intact, stay clear of it

Conclusion

We should make healthy eating and physical activities fun and habitual, for example by trying out new sports, games and other activities as well as new food. In doing so, we will grow stronger stay active longer, look and feel better.