

Hydration

Water is vital for all body functions.

- Drink 6 to 8 glasses of water daily
- Drink more water when exercising
- Avoid sugary drinks and sodas
- Proper hydration improves concentration and energy

Healthy Eating

A balanced diet is essential for the proper functioning of the body.

- Eat fruits and vegetables every day
- Include foods from all food groups
- Reduce sugar, salt, and processed foods
- Keep regular meal schedules
- Choose fresh and homemade foods

HEALTHY HABITS



Data

Hygiene and Prevention

Taking care of your body helps prevent illnesses.

- Wash your hands frequently
- Maintain good personal hygiene
- Avoid smoking, alcohol, and drugs
- Go for regular medical check-ups

Conclusion

Adopting healthy habits improves your physical, mental, and emotional well-being.

Small daily changes lead to great long-term benefits.

Rest and Sleep

Good sleep allows the body to recover.

- Sleep 7 to 9 hours every night
- Keep a regular sleep schedule
- Avoid electronic devices before bedtime
- Good rest improves school and work performance

Mental and Emotional Health

Mental health is as important as physical health.

- Learn to manage stress
- Express your emotions in healthy ways
- Practice relaxation and deep breathing
- Maintain positive social relationships

Physical Activity

Exercise benefits both body and mind.

- Do at least 30 minutes of physical activity daily
- Walking, running, dancing, or cycling are great options
- Exercise strengthens the heart and muscles
- Helps prevent diseases like obesity and diabetes