

Do you want to live longer, better and happier? Do these things below to boost health.

1. Do daily exercise

(1) time for daily exercising. Walking is a great choice. Just at least 10 minutes each day is enough. (2) sports like biking, swimming or yoga.

2. Have a healthy diet

Quit junk food and (3) food high in fat, salt, and cholesterol. (4) healthy foods like fruits, vegetables, fish or nuts when you go to the supermarket.

3. Maintain a healthy weight

If you get fat, (5) and (6) . Don't (7) calories than you burn, or you may face health problems like heart disease, diabetes, or stroke.

4. Have a regular medical check up

Often do necessary tests to adjust your diet and exercise properly.

5. Relieve stress