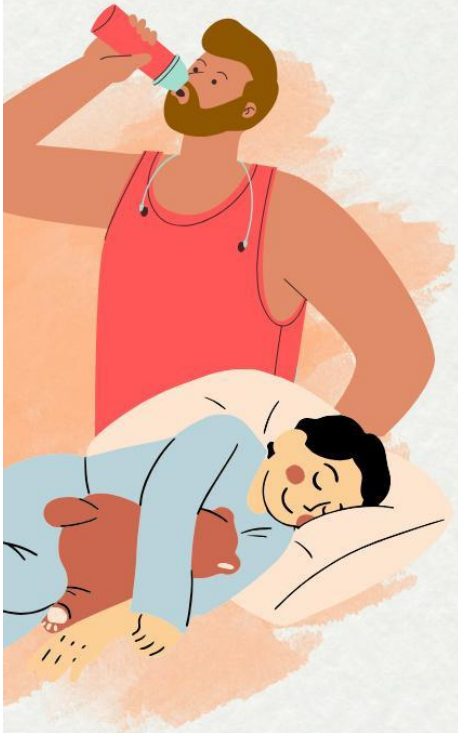
7 TIPS
Healthy Lifestyle



1 Healthy Diet

Plan a balanced meal that contains proteins, carbohydrates, fats, vitamins, and minerals.



2 Proper Hydration

Drink six to eight glasses of water every day to keep your body fluid balance.

3 Quality Sleep

Getting eight hours of good-quality sleep each night is essential for a healthy adult.

4 Physical Activity

For healthy living benefits, make sure you exercise at least 30 minutes five times a week.

5 Daily Self-Care

You should take good care of the outer layer of your skin since it is the largest organ in your body.



6 Mental Well Being

Find time every day to do something you love.

7 Positive Social Circle

Develop meaningful connections.

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LIVEWORKSHEETS