

### Choosing the Best Way to Stay Healthy

Staying healthy is very important for everyone. Good health helps you do your daily activities with energy and happiness. There are many ways to improve your health, and here are some suggestions that you can try.

#### **1. Do regular exercise**

Exercise at least three times a week to keep your body strong and fit. Exercise can improve your mood and reduce the risk of diseases such as heart problems and diabetes. You can jog, swim, cycle, or walk for about 30 minutes each day. Sometimes it is hard to find time for exercise because of a busy schedule, but even a short walk can help.

#### **2. Eat more vegetables and fruits**

Vegetables and fruits provide important vitamins, minerals, and fiber that your body needs. Eating a variety of colorful vegetables and fruits boosts your immune system and helps prevent illnesses. However, some people find it difficult to eat vegetables regularly because of taste preferences.

#### **3. Get enough sleep**

Adults need about 7 to 8 hours of sleep each night. Sleep helps your body recover energy and supports brain functions such as memory and concentration. Lack of sleep can cause tiredness, mood swings, and weak immunity. Stress or lifestyle habits can sometimes make it difficult to sleep well.

#### **4. Drink enough water**

Drinking at least 8 glasses of water every day keeps your body hydrated. Staying hydrated helps your organs work properly and improves skin health. However, some people forget to drink enough water or choose sugary drinks instead, which can harm their health.

#### **5. Reduce stress**

Stress affects both your mental and physical health. It is important to take time to relax, meditate, or do hobbies that you enjoy. Activities like yoga, listening to music, or spending time with friends can help reduce stress. But it can be difficult to find time to relax in a busy life.

Each suggestion has advantages and disadvantages. The best way to stay healthy is to choose habits that fit your preferences and lifestyle.

#### **True or False**

Write **True** or **False** for the statements below:

1. Exercise can improve your mood.
2. Vegetables and fruits do not provide vitamins.
3. Adults need 7 to 8 hours of sleep every night.
4. Sugary drinks are better than water for your health.
5. Relaxing and doing hobbies can reduce stress.

### **Analyze**

1. Compare the advantages and disadvantages of doing regular exercise and reducing stress. Which do you think is more important for health? Explain your answer.
2. Analyze why some people might find it difficult to follow the suggestion about eating more vegetables and fruits.