A healthy lifestyle and your body

Living a healthy lifestyle is good for your body and brain. Your body needs food, water, sleep, and exercise to work well. Healthy food gives you energy and important nutrients like **vitamins and minerals**. For example, **vitamin C** helps your body fight illness, and **vitamin D**, which comes from the sun, helps your bones stay strong.

Drinking **water** is also very important. Water helps your body stay cool and clean. People should drink about 6 to 8 glasses of water each day.

Exercise is another key part of a healthy lifestyle. When you move your body — by walking, running, or playing sports — your heart and muscles become stronger. Exercise also helps you feel happy because your brain makes special chemicals called **endorphins**.

Sleep is important too. Children and teenagers need 8 to 10 hours of sleep each night. When you sleep, your body grows and your brain gets rest.

A healthy lifestyle helps you feel good, stay strong, and enjoy life every day!