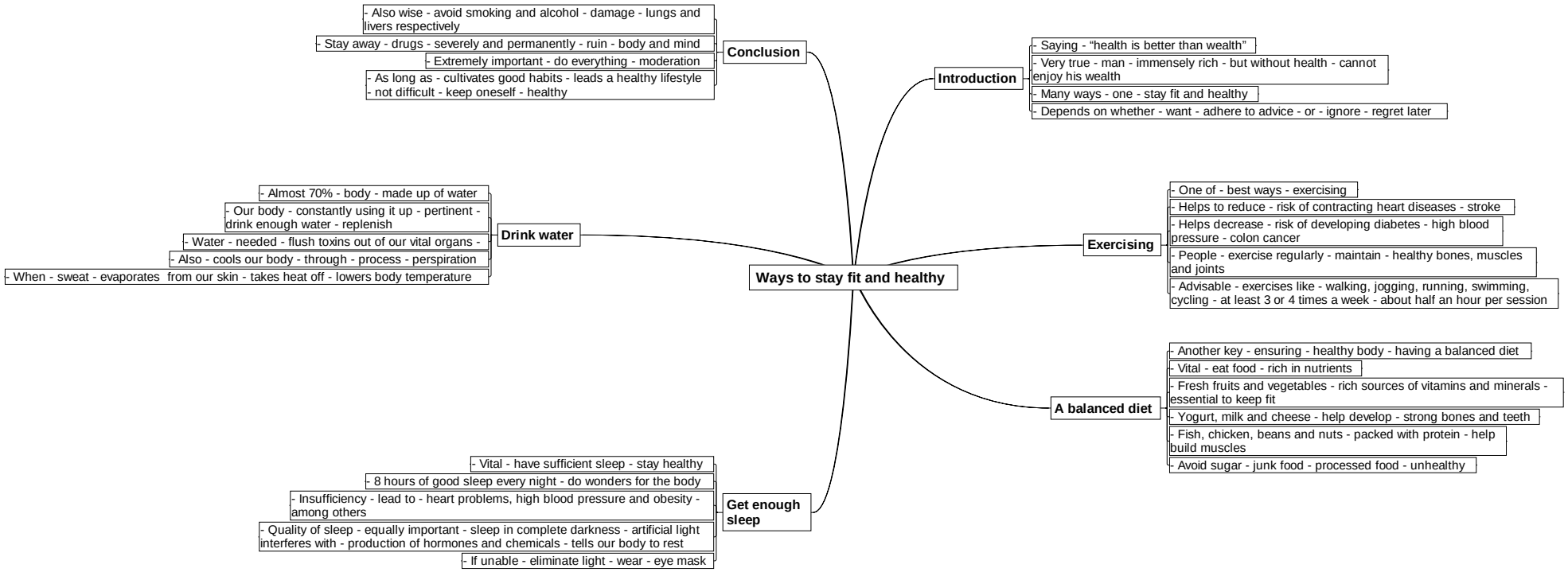
Ways to stay fit and healthy
Introduction
- Saying - “health is better than wealth”
- Very true - man - immensely rich - but without health - cannot enjoy his wealth
- Many ways - one - stay fit and healthy
- Depends on whether - want - adhere to advice - or - ignore - regret later
Exercising
- One of - best ways - exercising
- Helps to reduce - risk of contracting heart diseases - stroke
- Helps decrease - risk of developing diabetes - high blood pressure - colon cancer
- People - exercise regularly - maintain - healthy bones, muscles and joints
- Advisable - exercises like - walking, jogging, running, swimming, cycling - at least 3 or 4 times a week - about half an hour per session
A balanced diet
- Another key - ensuring - healthy body - having a balanced diet
- Vital - eat food - rich in nutrients
- Fresh fruits and vegetables - rich sources of vitamins and minerals - essential to keep fit
- Yogurt, milk and cheese - help develop - strong bones and teeth
- Fish, chicken, beans and nuts - packed with protein - help build muscles
- Avoid sugar - junk food - processed food - unhealthy
Get enough sleep
- Vital - have sufficient sleep - stay healthy
- 8 hours of good sleep every night - do wonders for the body
- Insufficiency - lead to - heart problems, high blood pressure and obesity - among others
- Quality of sleep - equally important - sleep in complete darkness - artificial light interferes with - production of hormones and chemicals - tells our body to rest
- If unable - eliminate light - wear - eye mask
Drink water
- Almost 70% - body - made up of water
- Our body - constantly using it up - pertinent - drink enough water - replenish
- Water - needed - flush toxins out of our vital organs -
- Also - cools our body - through - process - perspiration
- When - sweat - evaporates from our skin - takes heat off - lowers body temperature
Conclusion
- Also wise - avoid smoking and alcohol - damage - lungs and livers respectively
- Stay away - drugs - severely and permanently - ruin - body and mind
- Extremely important - do everything - moderation
- As long as - cultivates good habits - leads a healthy lifestyle - not difficult - keep oneself - healthy