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Maintaining a healthy lifestyle is important to everyone, whether doing exercises in the gym, eating healthy food or just assuming positive energy in some other way. Healthy lifestyle means different things to different people - while health is different for each of us, we all have the ability to make healthy lifestyle choices the most available and appropriate to us.

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Q.1 Give some tips to live a healthy lifestyle. A.1 Some tips for staying healthy are eating a balanced diet, maintain weight, having enough sleep, sleep early and wake up early, use mobile lesser, etc. Q.2 What is good health? A.2 Good health means freedom from sickness and diseases. It is a costly gift of nature to us for living a purposeful life. Also, good health means that we can do more work than our capacity without getting tired.

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I. INTRODUCTION A.

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A healthy lifestyle begins in training during childhood years, supervised by parents or guardian. As a child grows and travels through adolescence, health habits are either retained or changed by external factors such as hobbies, peers, and personality.

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There are so many ways to having a healthy lifestyle and we can take more benefits from having a healthy life. So, let's practice this healthy lifestyle by doing exercise

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regularly, have enough sleep, eat a balanced diet, and stay away from unhealthy habits such as consume junk food, and don't ever having a lot of stress. Be healthy, be happy.

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Healthy eating means picking all natural foods from the basic food groups; meats, dairy, fruits and vegetables, grains and stop eating too many sweets and fats. The first step in eating healthy is to know the good fats from the bad fats. Fats are another vital part to a healthy diet. Good fats...show more content...

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doing a lot of exercise, eat healthy food and get enough sleep. Body The way to stay healthy and long comfortable life is do a lot of exercise.

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The Importance of Good Health Good health is crucial to everything we do in our everyday lives. The importance of good health can be clearly seen in how we function as human beings in the daily tasks that define our functionality in the society.

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Essay Sample

Essay on Healthy Lifestyle .
Maintaining a healthy lifestyle is essential for everyone. When we say the word health, it includes physical as well as mental health. Present lifestyle has become very hectic and confusing, people ignore their health and are always on the go. This leads to many diseases and problems in the long run.

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