



Healthy Lifestyle

„ An apple a day keeps the doctor away”

Let me begin by saying if you want to live a long and healthy life, start following a healthy lifestyle.

Main parts of a healthy lifestyle:
Healthy diet, physical activity, good sleep and rest, no bad habits.



A healthy lifestyle is a way of life that helps to stay healthy and reduce the risk of illness.

The first thing to talk about is a healthy diet. Eating healthy is one of the most important ways to live a healthy life. It is not difficult at all. On the Internet you can find a lot of recipes, you can also buy a book with healthy recipes.

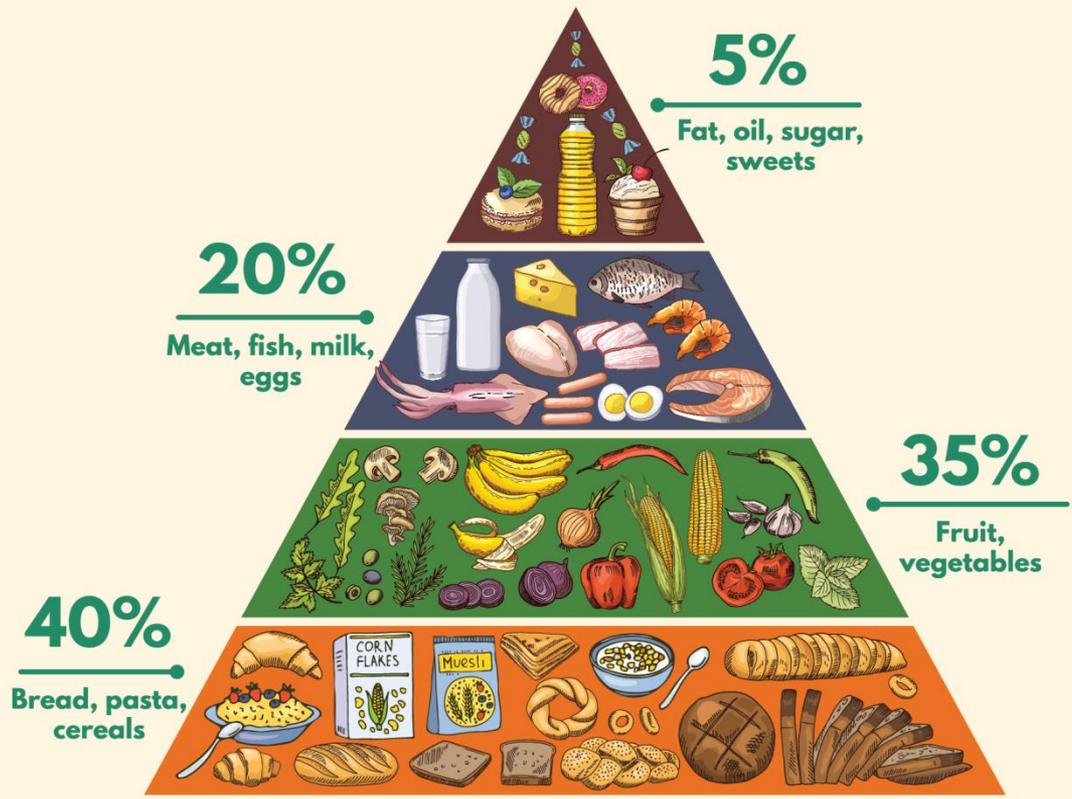
You should eat five meals a day, mostly vegetables, fruits and whole grain products. Do not forget about dairy products, proteins and healthy fats. They are necessary in smaller amounts.



You mustn't eat fast food or sweets! Limit eating heavy and fat meals. Do not use a lot of salt.



HEALTHY FOOD PYRAMID



Remember to drink water.
Hydration is a very important part of a healthy diet. Do not drink sweet drinks. It's very easy to make a good smoothie from fruits and vegetables.



The exercises don't have to be tiring, they can be fun. You can go for a walk or ride a bike and if you feel tired you can take a break. Do sports with your friends. Encourage them to follow a healthy lifestyle with you.



Physical activity burns the fat and builds up the muscles. Regular physical activity boosts your mood and adds energy.



Remember to go to bed early. We should sleep for about 8 hours. Do not use your phone, TV or computer before bedtime. These devices emit blue light. This will not make it easy for you to fall asleep. After waking up, drink plenty of water and eat a healthy breakfast. This will give you the energy for the whole day. During the day you can take short naps.



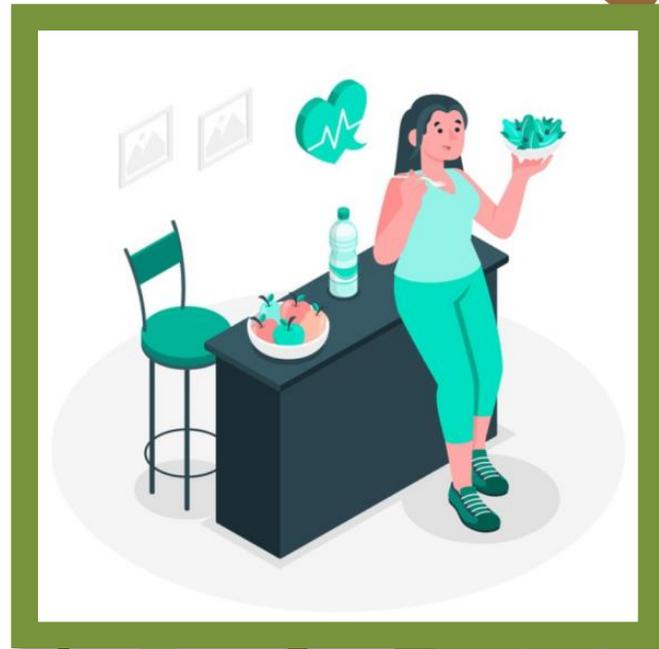
Now I'd like to move on to the most difficult problem. Bad habits such as smoking, drinking alcohol, drinking energy drinks are an easy way to get ill. Those are the opposite of a healthy lifestyle. It's not easy to get rid of such habits. Once you stop that, you will soon see a good impact that this decision made on your health.



I eat less but more often. I split my day into 5 meals. I make sure that the plate is at least half-filled with vegetables.

Sometimes I have a strong need for sweets, but I try not to eat too much of them. They are not the best foods if you value your health.

Whenever I buy food in the shop, I look at the label with nutritional values. I like food that is low in calories, sugars and has a lot of vitamins. I check if food is made with healthy ingredients

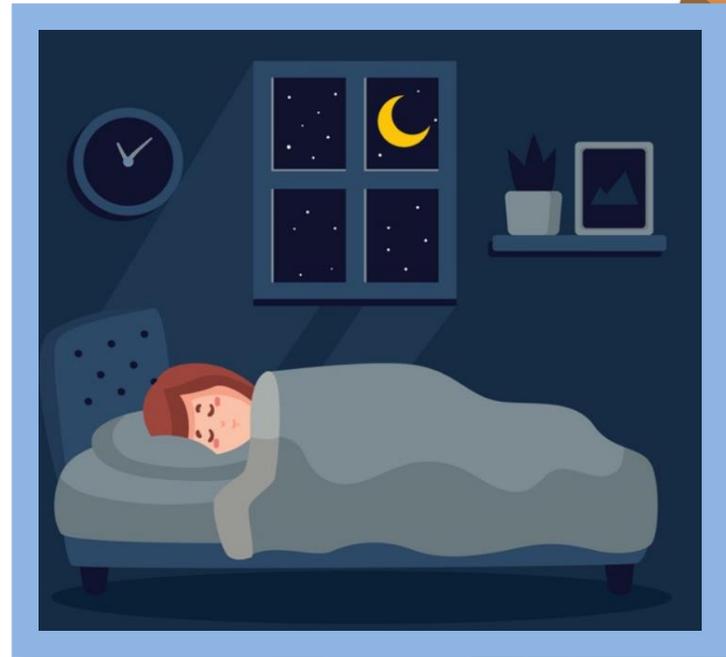




I usually go for a walk every day and at the weekend I ride my bike. I go outside as often as possible because I find staying at home boring.

I don't watch TV, use the computer or phone before bedtime. I like to draw before going to bed because it helps me relax. I try to go to bed around 10 pm.

Before going to sleep I open the window to make sure that there is enough fresh air in my room.





Iza Ptasiewicz
II TL/TEP