

LEADING A HEALTHY LIFESTYLE

Good nutrition, combined with physical activity, is an important part of leading a healthy lifestyle. Your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases, and promote your overall health.

EXERCISE REGULARLY

Physical activity provides long-term health benefits for everyone! For children, studies have shown that regular physical activity can enhance concentration, problem solving skills, and improve academic performance. For adults, exercise can reduce risk of chronic disease, help control weight, and build overall strength and endurance.

As a general daily goal, aim for at least 30 minutes of physical activity for adults and 60 minutes of physical activity for children.

DRINK LOTS OF WATER

Many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

Aim for 8-10 glasses of water per day

CHOOSE A HEALTHY PLATE

Eating a healthy, balanced diet provides essential nutrients to your body. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also help build and strengthen bones and muscles, and also regulate body processes, such as blood pressure.

Rest and refresh. Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body.

Sources:

www.fitness.gov
www.choosemyplate.gov

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