

TIPS TO LIVE A HAPPIER AND HEALTHIER LIFE

What is a healthy lifestyle in general?

A healthy lifestyle includes enough sleep, at least seven hours a day. But this should be quality sleep, without waking up in between or sleeping next to a TV. To keep your body healthy, you shouldn't smoke or drink too much alcohol, because this can ruin your lungs and your liver. And it is important for you to exercise regularly or even just to take a walk for 30 minutes a day. To exercise your brain functions, you should read books or try to do puzzles, for example. This can increase your attention while you work and it can be easier for you to focus on what you want to do.

What is a healthy diet?

A healthy diet consists of three meals a day: breakfast, lunch and dinner. Yet in between you are also allowed to have snacks, but these should also be healthy things like nuts or fruit.

Your main meals should include fruit, vegetables, whole grains, fat-free or at least low-fat dairy products, nuts, fish and lean meats. And while you



eat, you should try to control your portion sizes and you should just eat until you are full.

It is important to drink enough water regularly during the day: at least two liters of water a day.



How can you improve your mental health?

In order to stabilize your mental health, you should spend a lot of time outdoors. Try to talk to your loved ones as much as possible, because that can increase your happiness. Another thing is that you should try to meditate frequently, because it can make you much stronger in your mental stability.

Never forget to smile and always try to find something positive in every negative situation!