

# Healthy lifestyle Newsletter

Issue # 1

Volume # 4

## Living Healthy Lifestyle

What does it take to live a healthy lifestyle? Is it living a disease-free life? Perhaps it's the ability to eat healthily and stick to an exercise regimen. Though the definition of healthy varies from person to person, leading a healthy lifestyle is an essential component of achieving your best mental and physical health.

People who engage in unhealthy habits such as smoking, poor diet, and physical inactivity are more likely to suffer from premature health decline. Though many factors influence your overall health, diet and physical activity are the most important determinants of your health and quality of life. Weight management requires a nutritious diet rich in whole grains, lean meats, vegetables, fruits, and healthy fats.

A well-balanced diet also aids in energy maintenance levels during the day. Regular physical examination activity includes a variety of aerobic workouts and strength-building exercises, which prevent weight gain that can cause chronic disorders. Furthermore, habits such as not smoking and limiting alcohol consumption have the maximum contribution to a healthy lifestyle.

Allowing your body to rest on a daily basis and getting enough sleep is also important. It is important to live a healthy lifestyle. A healthy lifestyle not only enhances your life quality but may also add years to your life.

## What's Inside?

- ✓ *Living Healthy Lifestyle*
- ✓ *Food for Skin Health*
- ✓ *Ways to Improve your Skin Health*
- ✓ *Healthy Recipe for the Day*



# Report On Healthy Lifestyle

**Royal Society of Health (Great Britain)**



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