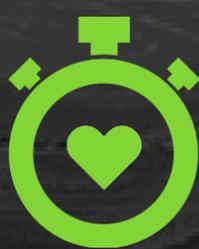# LEADING A HEALTHY LIFESTYLE

Good nutrition and physical activity are important parts of leading a healthy lifestyle. A balanced diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases, and promote your overall health.

EXERCISE REGULARLY

Get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. You also can do a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week.

As a general goal, aim for at least 30 minutes of physical activity every day.

DRINK LOTS OF WATER

It helps flush our systems of waste products and toxins, yet 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 fluid per day

EAT HEALTHY FOOD

Eating a healthy, balanced diet provides 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, muscles, and tendons 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. Allow yourself some unfocussed time each day to refresh, let your mind wander,go daydream. It's okay to add 'do nothing' to your to-do list!

Sources:

www.fitness.gov, www.mayoclinic.org, www.helpguide.org, www.livelifewell.nsw.gov.au, www.betterhealth.vic.gov.au