

A Healthy Lifestyle

It's so important to lead a fit and healthy lifestyle, not just in diet but also exercise, personal hygiene and mental health too. Let's take a look at some guidelines for leading a perfectly healthy lifestyle.

Eat healthy food and drink

It's essential that we give our body the right **nutrition**. On average, men's intake should be around 2,500 **calories** per day, whilst women's intake should be around 2,000 calories per day. In order to have a **balanced diet** and **maintain a healthy body weight**, we need to eat a range of foods, including carbohydrates, at least 5 **portions** of fruits and vegetables per day and fish but we should cut down on **saturated fat** and sugary foods and eat minimal salt.

In the case that your **body mass index (BMI)** is too high or you're **overweight** or even **obese**, you may need to **go on a diet** or regulate your food intake to become healthier.

In terms of drink, the best you can have is water or fresh fruit juice that is unsweetened. We're supposed to drink around 8 glasses of water per day. It's important to avoid **fizzy drinks** and limit alcohol use too.

Exercise regularly

Another important part of health is to **keep fit**. It's recommended to do some form of physical activity or **workout** every single day. If you do intense exercise, such as running, sports or aerobics, this can be 75 minutes per week, if you do moderate exercise, such as dancing, walking or cycling, this should be 150 minutes per week. It's also very important to **strengthen your muscles** on at least 2 days per week, this could be through yoga, pilates, weights or resistance bands. By exercising regularly, you can **be in good shape**.

Get a good night's sleep

As we get older our bodies require less sleep but it's still an important aspect of health. Adults should be sleeping between 7 and 9 hours per night. Sleep affects our **mood**, brain function and **metabolism** so it's important that we get it. In order to get a good night's sleep, you should avoid looking at screens, have a relaxing bedtime routine (such as reading or dimming the lights) and have a cool temperature in the bedroom.

Have good **personal hygiene**

Personal hygiene is essential to keep the body clean and healthy. This includes dental hygiene (brushing your teeth regularly), body hygiene (having regular showers), hand washing regularly (after going to the bathroom, when preparing food) and nail hygiene (keep them clean and cut). You should also wear clean and fresh clothes and shoes. Personal hygiene should also extend to your environment. Try to maintain a clean and tidy living space.

Avoid **smoking and drugs**

Although smoking is an addictive habit, it leads to all sorts of health problems, such as yellowing teeth, bad **breath**, poor vision, **dull** sense of smell and taste and **loss of appetite**. Drugs are also very bad for our health.

Stay up to date **medically**

If you feel fit and healthy you may not visit the doctor very often, but it's essential that your body stays up-to-date, medically-speaking. This means having regular medical **check-ups**, having regular **vaccinations** and, if you have a **medical condition**, taking your medication regularly.

Take some **time out**

Many of us need to work to make a living, but it's also important to take time out and look after our **mental health** too and avoid **stress**. It's important to take regular breaks at work during the day and take longer breaks or holidays periodically throughout the year. We all need some personal time to **relax**. One important part of mental **wellbeing** is to maintain a good social life, spend time with friends, family and loved ones and express any **anxiety**, worries or feelings to people you trust. It's important to talk about issues and not keep them **bottled up**.