

A Healthy Living – 15 rules to live by

A healthy living is very important if we want to live a long and happy life. So here are 15 rules to live by:

1. Exercise every day. It will help you to keep your body in shape.
2. Drink lots of water. At least two liters a day and you will feel better.
3. Protect your skin from the sun. Too much sun can cause cancer, and you can get sunburnt.
4. Wear shoes that fit properly, so you won't hurt your legs.
5. Eat different kinds of food. This way you will get enough vitamins, minerals, carbohydrates and proteins.
6. Don't skip your breakfast. You will have more energy in the morning and you will be able to think better.
7. Don't eat lots of fast food and fats because they are bad for your heart and veins.
8. You should eat more fruit than sweets because fruit contains lots of minerals and vitamins. You can also find them in vegetables.
9. You should eat lots of carbohydrates. You can find them in potatoes, pasta, bread, etc.
10. You should have at least five meals a day: breakfast, lunch, dinner and two or more snacks.
11. You need proteins which you can get in meat, so being a vegetarian in ten years time won't be very smart, because you need more energy and food for growing.
12. Don't watch too much TV. It's not good for your eyes.
13. Go for a walk in the nature, breathe fresh air and be relaxed.
14. Learn before the tests, but not the day before the test. This way you won't be under the pressure.
15. Don't start smoking. It's not good for your lungs and even for people around you.

But remember, even if we follow all these rules and we don't love ourselves and we don't have any friends we can't live a happy and healthy life.

by ***Hana Krumpak***