

SHAPE IT UP. GOOD HEALTH IS A BOON

“It is health that is real wealth, not pieces of gold or silver” Mahatma Gandhi.

Why is it important to have a healthy lifestyle? It helps a person’s energy levels and improves his mood.

A healthy lifestyle leads to a better physique, which boosts self- esteem and confidence.

A healthy life is not achieved overnight; it is common for people to have routines that are little healthy or not healthy at all. Maintaining a healthy body whether you are young or old is the best way to have an active and complete life. Here are a few do’s and don’ts for a healthy lifestyle.

1. Sleep well.

A well-rested body is the foundation of a healthy lifestyle. If you don’t sleep well, you are hurting not only your body but also your mind. Sleep improves memory and creativity.

2. Keep away from carbonated drinks.

If your idea of hydration are sugar laden carbonated drinks like sodas, you are not doing any favours to your body. Instead drink plenty of water or healthy smoothies, this will keep you energized throughout the day.

3. Relax.

Treat yourself to a day of relaxation at least once a week. This helps your body and mind to function properly and has a positive impact on your health.

4. Have fun.

Of course, education is important but it is more important to enjoy life. Find things that keep you happy, visit new places, try new things and meet new people.

5. Don’t dwell on the past.

Don’t dwell on mistakes and painful experiences. Don’t run away from your mistakes, learn from them. Don’t worry about the future.

6. Keep your body active.

Try going for morning or evening walks, do some exercise, play an outdoor game or simply dance for a few minutes on your favourite song. Helping the family with household chores is another great way to stay active.

7. Don’t stress.

The past is behind you, the future is yet to come. Practice mindfulness and appreciate each moment as it happens.

One should always find ways to keep oneself healthy and happy along with being purposefully engaged. Mistakes happen we must learn from them and move forward. Keeping your body healthy is an expression of gratitude. Make the best out of things. Keep smiling and taking care of yourselves.

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