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Ways to be Healthy

Nowadays, people are getting sick very fast because they don't take care of their health. They don't take enough rest and smoke, take drugs or drink much alcoholic drinks. It's not good for their health because it can cause some serious problems to their health and they may die. Some of them always keep on playing games and never take rest. If they take rest for 3-4 hours every day, it can cause some major problems to their health.

Some children who keep on eating snacks (junk food) and don't like to eat healthy food (for example, green vegetables, fruits etc). It is also not good for their health if they do not eat properly, how can they be healthy? As some of the children are becoming overweight or obese these days, they should pay more attention to their health. A balanced diet is very important. Some of the children don't know what amount of food to take. They should learn what healthy diet is so that they can become healthier and live longer. For example → for starter → light food (mixed vegetable soup), for main course → bean curd with rice and for dessert → cherry tart or ice cream.

Eating hygienic food can also make you healthy. To live longer and stay healthy, you need to have a balanced diet. Don't smoke and don't take drugs to ensure good health.

