Looking After Our Body

Why Should We Look After Our Body?

Looking after your body keeps you healthy and fit. It helps you fight diseases and stay active. A healthy lifestyle makes you feel energetic and happy.

Healthy Eating Habits

Eat a variety of foods like fruits, vegetables, grains, and proteins. Healthy food gives you the nutrients and energy your body needs. Avoid junk food as it can make you unhealthy.

Drink Plenty of Water

Drink 8-10 glasses of water every day. Water keeps you hydrated and refreshed. It helps remove toxins from the body.

Hand Washing

Always wash your hands before and after meals. This prevents germs from entering your body. Use soap and water for proper cleaning.

Get Enough Sleep

Sleep for at least 7-8 hours every night.

Sleep helps your body:

- Regain strength and energy.
- Feel refreshed and active the next day.

Lack of sleep makes you tired and weak.

Exercise Daily

Exercise for at least 1 hour every day. Outdoor games, jogging, and swimming are great exercises. Exercise makes you fit and strong. It keeps your muscles and bones healthy.

Eat Clean and Fresh Food

Avoid uncovered street food sold by hawkers.

- It may contain germs from houseflies.

Eat freshly prepared home food. Avoid drinking juice from street vendors, as it may be contaminated.
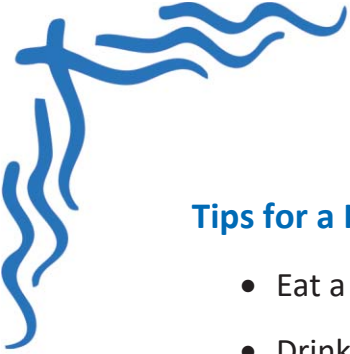
Tips for a Healthy Lifestyle

- Eat a balanced diet with fruits and vegetables.
- Drink plenty of water daily.
- Wash your hands before and after meals.
- Sleep for at least 7-8 hours.
- Exercise regularly.
- Avoid eating uncovered street food.
- Always eat fresh and home-cooked food.

Conclusion

- Taking care of your body keeps you strong and healthy.
- It protects you from illnesses and infections.
- A healthy body leads to a happy and active life!