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## The Main Components of Healthy Lifestyle

Health is physical, mental and emotional state of being free from illness or injury. A proper sense of balance of these aspects is required for us to enjoy a fulfilling life where we work and relax. A healthy lifestyle is a valuable resource for reducing the occurrence and impact of health problems, for recovery, for coping with life stressors, and for improving quality of life.

### Eating Nutritious Meals

According to nutritionists, your nutrition accounts for 80% of your overall body health. Food can cause a specific effect in our bodies. It can cause us to stay healthy and also cause unwanted conditions. Hence, it is very important to monitor our intake. Eating healthy and staying away from unhealthy food.

### Exercise Regularly

The human body is designed to move around for a minimum of 14 hours every day. A inactive lifestyle will cause more harm than good. Exercise is very good to ensure that we get this amount of movement. Jogging, running, swimming or going to the gym on a daily basis are highly advised. They can help you to prevent disease such as High blood pressure and anxiety from work or tension are also reduced by exercise. In addition to that good exercise improves the quality of your sleep. Thus, you are able to enjoy a healthy lifestyle.

### Sufficient Sleep

Resting has a multiplier effect on your efforts. When you participate in other activities to maintain overall health, sleep develops the effects of these activities. During the day your body gets broken down by environmental conditions and the tasks that you perform. As you sleep, it gets built back up. Therefore, getting at least 8 hours of sleep is essential for a healthy lifestyle.

### Managing Stress

Today, we live in a highly active and pressurized environment. Activities in our lives occur so fast that we need to keep up. This causes stress to accrue. It can occur due to activities that are within our control and others that are not. For example, if you get a flat tire, this is an activity that was out of your control. On the other hand, getting a bad grade for your homework was within your control. These activities can cause you to get tense. It is important to manage it

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because an accumulation of too much stress can cause a nervous breakdown. You should do everything in your ability to reduce your stress as much as you can. This way, when unexpected stressful events occur, you will be relaxed enough to solve them.

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