

# HEALTHY LIVING TIPS

# Simple tips to start a healthy life



# **EAT NUTRITIOUS FOOD**

A balanced nutritional intake means food whose nutritional content is in accordance with one's needs. Sources of nutrients are found in various types of food.



# INCREASE CONSUMPTION OF VITAMIN C

Vitamin C has an important function in increasing the body's resistance. Entering the change of seasons, make sure you eat more foods that have a high vitamin C content.



# **GET ENOUGH REST**

Good and quality sleep can stimulate the immune system in top condition; so that it is ready to fight disease-causing pathogens that enter the body.



# DO EXERCISE

This activity has a myriad of health benefits, such as preventing obesity, protecting yourself from the risk of cardiovascular disease, and reducing the risk of osteoporosis.

# The Hypoglycemiadiabetes Cope A Guide To Healthy Living

**Huangqi Zhang** 

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