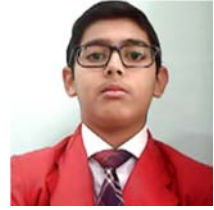# HEALTH AND FITNESS

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Being healthy and fit in simple terms means taking good care of the body. We should remember that a healthy mind resides only in a healthy body. Having good health of both mind and body helps a person to have the energy which is required and is necessary for our body . All of us must strive to achieve wholesome health.

Protecting your body from the intake of harmful substances, doing regular exercises, having proper food and sleep are some of the important instances that define a healthy lifestyle. Being fit allows us to perform our activities without being lethargic, restless or tired.

A healthy and fit person is capable of living the life to the fullest, without any major medical or physical issues. Being healthy is not only related to the physical well-being of a person, it also involves the mental stability or the internal peace of a person.

Generally, a healthy diet consists of taking a proper and healthy food which includes eating green and fresh vegetables, fruits, having milk, eggs, minerals, proteins and vitamins essential for a human's lifestyle. Practicing Yoga including regular exercises in your daily routine also help you maintain your desired fitness, blood sugar and immunity level.

Healthy habits improve your physical appearance, mental stability, ability to perform activities in a better way. They will help you to lead a stress-free life, maintaining happy moods, high energy levels, etc. Each individual should take one's health on a priority basis; no single day should be skipped without making efforts on maintaining physical and mental fitness. Being happy is directly related to boosting your mental strength and health, so happiness can be considered as the result as well as the part of a healthy and fit lifestyle.