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| **Long healthy life** |

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| **Habits to avoid and precautions to take** |

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| **Tips to live healthy long life** |

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| **Avoid smoking** |

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| **Enough hours of sleep** |

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| **Avoid overeating** |

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| **Avoid stress and tension** |

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| **The need of exercise** |

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| **Balanced diet** |

Living longer and keeping healthy is maintaining a healthy lifestyle. To live a healthy long life we should follow some tips. People have to keep following of their daily activities and habits. We should get enough hours of sleep to let our body rest. We need to exercise to maintain a good health. Exercise can prevent many diseases such as cancer, high blood pressure and diabetes. Maintaining a balanced diet is important to live a longer life. This means eating the six main food groups. Limiting your calories may help you live longer and protect against many diseases. Drinking tea and coffee may help in healthy aging. Happiness also has positive effects in our lifespan and our health .

There are many habits to avoid and precautions to take to have healthy loner living. Smoking is a harmful habit that we should avoid . Smoking causes lung cancer and lung diseases. People who sleep more than eight hours a night, or less than four hours, has increase risk of death, so we shouldn't sleep more or less than our body needs. It is a bad habit to eat junk foods. We should avoid overeating to prevent obesity. Alcohol is very harmful. We should avoid it because it can cause liver cancer. People should avoid tension and stress to have a healthy brain. In conclusion, having a healthy lifestyle well help in having a longer healthy life