|  |
| --- |
| **A healthy day** |

|  |
| --- |
| **Things to avoid to have healthy day** |

|  |
| --- |
| **Ways to have healthy day** |

|  |
| --- |
| **Avoid smoking**  |

|  |
| --- |
| **Waking up early**  |

|  |
| --- |
| **Fast food**  |

|  |
| --- |
| **Alcohol**  |

|  |
| --- |
| **Experience 30 minutes**  |

|  |
| --- |
| **Eating healthy food**  |

We can have a healthy day in many ways. Waking up early help us enjoying our time. Exercising 30 minutes a day is important. To keep our brain healthy we can learn new things and reed books. Eating healthy and balanced food important to maintain healthy body. Sleeping enough hours helps the body stay healthy. Drinking water is one of the most important things that maintain our health. We should think positively to be healthy and happy. It is necessary to avoid smoking and fast foods. Alcohol destroys health and leads to many diseases, so we should avoided it. As we know, the healthy lifestyle increases our health and wellness.