



Name \_\_\_\_\_ Date \_\_\_\_\_

Being healthy does not necessarily mean only physical fitness. It also includes mental and emotional wellbeing as well along with the physical fitness. You need to follow some guidelines and maintain a time table of your daily activities in order to stay fit and fine throughout your life span. A happy heart always indicates that the person is healthy in all respect. This is true because, when we are happy, certain hormones those are essential for making antibodies that are capable of fighting against diseases and infections are released by our body.

The first and the most important point to be taken care of in order to remain healthy is by following healthy eating habits. It is a must that you avoid consumption of unhealthy and junk foods. Try to include those foods that are rich in all the nutrients that are very much essential for proper growth of our body tissues. Make sure that these foods are rich in vitamins, minerals, proteins, good carbohydrates as well as fats. It is a misconception that fats whether good or bad are always harmful for your body, but, this is not the case. Not all fats are bad for health. There are some types of fats that are essential for the body as well. To make sure that your heart keeps healthy all the time, have a wholesome meal. By doing this you will also have a healthy brain and a good immune system.

Burning of calories is also very necessary for good health. For this, you will have to plan your schedule and give some time for exercises every day. This will prove to be very beneficial in maintaining the wear and tear of all your body muscles. Another important point that you should always keep in mind is that you cannot stay healthy by skipping meals. This is very wrong. Have your food at proper time intervals and avoid starvation. Instead of eating large quantities of food at one single time, try to have 6 to 7 small courses of meals at regular intervals. This will help you maintain a proper functioning of your digestive system.

Apart from the solid food, you must also pay attention towards liquids. Include beverages such as coconut water, fruit juices, and especially water. You must drink at least 10 to 12 glasses of water in the entire day. This maintains a very rate of metabolism.

Sleep is another important factor with regards to health. Along with proper liquid and solid food supply you also need sound and sufficient sleep to keep you fresh all day. If you do not have a sound sleep of 6 to 7 hours at night then you will feel tired and lazy all day and this will also affect your mood very badly.



Name \_\_\_\_\_ Date \_\_\_\_\_

1. Apart from food and water which is another important factor from the point of view of good health?

- a. Fats
- b. Vitamins
- c. Minerals
- d. Sleep
- e. None of the above

2. To make sure that your heart keeps healthy all the time, have a whole some \_\_\_\_\_ .

- a. Meal
- b. Water
- c. Fats
- d. Carbohydrates
- e. None of the above

3. How many glasses of water are essential for maintaining a good rate of metabolism?

- a. 1 to 2
- b. 2 to 3
- c. 5 to 6
- d. 10 to 12
- e. all of the above

4. Certain hormones those are essential for making antibodies that are capable of fighting against diseases and infections are released by our body in which situation?

- a. Sleeping
- b. Walking
- c. Breathing
- d. Happiness
- e. All of the above

5. Which of the following options reveals the meaning of the following sentence in the most right manner?

"A happy heart always indicates that the person is healthy in all respect."

- a. A happy heart is the indication that the person is healthy.
- b. In order to be happy you must try to be healthy.
- c. You can only be happy when you are healthy.
- d. When you are not happy you are not healthy.
- e. None of the above