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Stay Healthy Tips

Eating right, staying physically active, and not smoking are a few examples of good habits that can help you stay healthy. Eating the right foods and the right amounts of foods can help you live a longer, healthier life. People who are happier in their daily lives have healthier levels of key body chemicals than those who muster few positive feelings, a new study suggests. Try to balance the calories you get from food with the calories you use through physical activity (select for more information about physical activity). It is never too late to start eating right. Weighing too much or too little can lead to health problems. After age 45, many people gain too much weight. Don't drink and drive. Don't get into a car with a driver who has been drinking alcohol or using drugs. Medicines can also be given as metered dose inhalers, which deliver one dose of medicine at a time Get regular exercise. Don't use illegal (street) drugs of any kind, at any time. Don't try even one puff, and try to keep yourself away from all cigarettes. Avoid situations where violence or fighting may cause you to be physically injured. Balance calories from foods and beverages with calories you burn off by your activities. Drink Alcohol Only in Moderation. If you drink alcohol, have no more than two drinks a day. Always use your seat belt. Some foods, like celery and gum, help you burn calories by chewing. Wear a hat and other protective clothing, as well as sunglasses, to protect your body from too much sun. Protection against sunburn is needed. Minerals, like calcium, iron, sodium chloride and zinc, are also essential to maintaining good health through nutrition. Stay Healthy Tips 1. Eat a Nutritious Breakfast. 2. Choose healthy snacks. 3. Drink plenty of water. 4. Eat a variety of foods. 5. Get moving....don't be a couch potato. 6. Avoid contaminated food or drinks. 7. Nutritional Supplements can be helpful.

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