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I. INTRODUCTION A. Importance of Healthy Lifestyle A healthy lifestyle begins in training during childhood years, supervised by parents or guardian. As a child grows and travels through adolescence, health habits are either retained or changed by external factors such as hobbies, peers, and personality.

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There are so many ways to having a healthy lifestyle and we can take more benefits from having a healthy life. So, let ’ s practice this healthy lifestyle by doing exercise regularly, have enough sleep, eat a balanced diet, and stay away from unhealthy habits such as consume junk food, and don ’ t ever having a lot of stress. Be healthy, be happy.

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Healthy eating means picking all natural foods from the basic food groups; meats, dairy, fruits and vegetables, grains and stop eating too many sweets and fats. The first step in eating healthy is to know the good fats from the bad fats. Fats are another vital part to a healthy diet. Good fats...show more content....

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Food healthy on Essays reflective essay on a life changing experience essay a mockingbird courage essay introduction yazmat ib theory of. It's extremely important for kids of this age to continue (or to start) to lead a healthy lifestyle, including eating nutritious meals as well as gett Nov 09, 2009Check out our top Free Essays on Speech About Healthy Lifestyle to help you write your own ...

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Healthy Lifestyle Among Teenagers. Introduction * Definition of Healthy Lifestyle (2011): healthy lifestyle will make you fit, energetic, and reduced risk for disease. * The way to stay healthy and long comfortable life are by doing a lot of exercise, eat healthy food and get enough sleep Body The way to stay healthy and long comfortable life is do a lot of exercise.

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The Importance of Good Health Good health is crucial to everything we do in our everyday lives. The importance of good health can be clearly seen in how we function as human beings in the daily tasks that define our functionality in the society.

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Essay on Healthy Lifestyle . Maintaining a healthy lifestyle is essential for everyone. When we say the word health, it includes physical as well as mental health. Present lifestyle has become very hectic and confusing, people ignore their health and are always on the go. This leads to many diseases and problems in the long run.

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