

This is What I Do To Stay Healthy

Luzmila Quispe

There are many ways to maintain good physical health, such as eating the right amount of calories your body needs per day, exercising regularly, not smoking or drinking alcohol, and getting your physical check-up regularly.

One way that I stay healthy is by eating small portions of food, eating more vegetables and fruits daily, and not eating late at night. I'd rather cook my own food, because it is healthier for me and my family too. Also, every morning I make fresh juice out of fruits and vegetables to make sure that my family gets the vitamins and nutrients that we need. I also drink a lot of water and milk to make sure that my body is hydrated.

Another way that I stay healthy is by going to the doctor regularly to get a physical check-up. At the doctor's office, I find out how my blood pressure is and other important information that indicates my health, such as my cholesterol level.

I really don't do anything special to exercise, but I'm always active. I walk everywhere, and I stay busy by doing lots of work around the house. I try to stay away from people who smoke because I know that second-hand smoke is bad for your lungs.



Finally, to stay healthy, a good night's sleep is also important. It's important to make sure that you get enough sleep to be rested for your daily activities.

I have been very lucky to stay healthy by sticking to these habits. I recommend them to my family and friends so that they can stay healthy too.

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Did You Know?

If you sleep less than seven hours per night on average, you are three times more likely to develop cold symptoms than people who sleep an average of eight hours.

If you have a hard time falling asleep or you wake up in the middle of the night, your chances of getting a cold are five and a half times greater than someone who sleeps through the night.

People who are sleep-deprived make fewer antibodies, which is the substance your body needs to fight disease.

Source: Archives of Internal Medicine, January 12, 2009.