



7 Habits of Healthy People: The Simple Guide: Helpful Tips of Healthy People (Paperback)

By Walter Gregory

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Healthy habits are consistent actions which consequently benefit the body and/or environment. An individual's quality of life can often be defined by the health-conscious decisions made on a daily basis. Examples of healthy habits include regular cardiovascular activity, drinking a recommended amount of water, eating lots of fruits and vegetables and getting an adequate amount of sleep. Healthy habits are important because they influence a person's entire life in various ways. They make successful weight management possible and bring clarity to the mind. When used as a preventative effort, healthy habits help fight disease in the body. Oftentimes, they are the source of increased energy and a happier disposition.

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