

# How to be Healthy



Eat roughly 100 grams of protein per day, lots of fruits and vegetables.

Enjoy your food, try not to eat too much or too little.

Every once in a while, take a break from eating.

Exercise regularly, do things you enjoy.

Challenge yourself and take pride in your work. Don't be afraid to sweat.

Rest, relax and get good sleep.

Spend time with friends and family.

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Food is Food