



HEALTHY HABITS-2

Nowadays our body require more vitamins and minerals than ever before. This is because we work longer hours and are exposed to more stress, pollutions & toxins.

Eating a fruit every day is a simple way of providing these nutrients which helps to cope up better in stressful conditions, as fruits are the oldest form of food known to man. Benefits of eating fruits are:

1. It produces antioxidants, which prevents premature ageing and the onset of disease.
2. Fruits act as dietary fibre, which assists in proper digestion.
3. Eating fruit as part of daily diet makes you feel better, look better, and be more active and healthy.
4. Eating fruits improves the immunity system of the body.



5. Diet, rich in fruit, may reduce the risk of cardiovascular disease, diabetes etc.
6. Fruits are at their best when eaten in the raw and ripe state.
7. Fruits are most beneficial when taken as a separate meal, preferably for breakfast.
8. A combination of fruits and vegetables is not considered good.

There are certain general habits we follow in a day which on modification can be helpful. Few are:



Healthy Habits



1. Sleep is an excellent way to refresh body and mind. Sleep on time, avoid working at night.
2. **DO NOT** sit or lie down soon after your meals, go for a walk.
3. Wash your face, hands and feet before going to bed.
4. Avoid high pillow and very soft mattresses.
5. Daily lie down on the ground for 10 minutes.
6. Avoid late night TV watching and working on computers as these habits hamper your sleep cycle.
7. Avoid keeping your mobile phones near the bed and keep it away while sleeping.
8. Exercise daily as this helps you sleep better.
9. Be interactive with family and friends in person (and not through hi-tech gadgets) as these social skills make you sociable and stress free.
10. Have lots of laughs in a day, as this reduces stress.

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