

NUTRITION

Macronutrients:	Micronutrients:	Hydration:
Carbohydrates: Provide energy; found in grains, fruits, and vegetables.	Vitamins: Essential for various bodily functions; found in fruits, vegetables, and supplements.	Drink at least 8 glasses (64 ounces) of water per day.
Proteins: Build and repair tissues; found in meat, dairy, legumes, and nuts.	Minerals: Important for bone health, nerve function, and more; found in fruits, vegetables, and dairy products.	Adjust based on activity level, climate, and individual needs.
Fats: Essential for cell function; found in oils, nuts, seeds, and fatty fish.		Signs of dehydration include dry mouth, dark urine, and fatigue.

SLEEP

Importance:	Tips for Better Sleep:
Essential for overall health and well-being.	Maintain a consistent sleep schedule, even on weekends.
Supports cognitive function, mood regulation, and immune function.	Create a relaxing bedtime routine.
Helps regulate hormones and maintain a healthy metabolism.	Ensure your sleep environment is comfortable, quiet, and dark.
	Limit screen time before bed and avoid caffeine and large meals close to bedtime.

EXERCISE:

Types:	Frequency:
Cardiovascular (aerobic): Improves heart health and burns calories; includes walking, running, cycling, and swimming.	Aim for at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity aerobic exercise per week.
Strength training: Builds muscle mass and bone density; includes weightlifting, bodyweight exercises, and resistance bands.	Include strength training exercises for major muscle groups at least twice per week.
Flexibility: Improves range of motion and reduces risk of injury; includes stretching, yoga, and Pilates.	Incorporate flexibility exercises regularly, ideally daily.

Mental Health

Stress Management:	Self-Care:
Practice relaxation techniques such as deep breathing, meditation, and mindfulness.	Prioritize self-care activities such as exercise, adequate sleep, and healthy nutrition.
Engage in activities you enjoy, such as hobbies or spending time with loved ones.	Set boundaries and learn to say no when necessary.
Seek support from friends, family, or a mental health professional if needed.	Take breaks and allow yourself time to rest and recharge.



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Not published yet.
 Last updated 26th February, 2024.
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