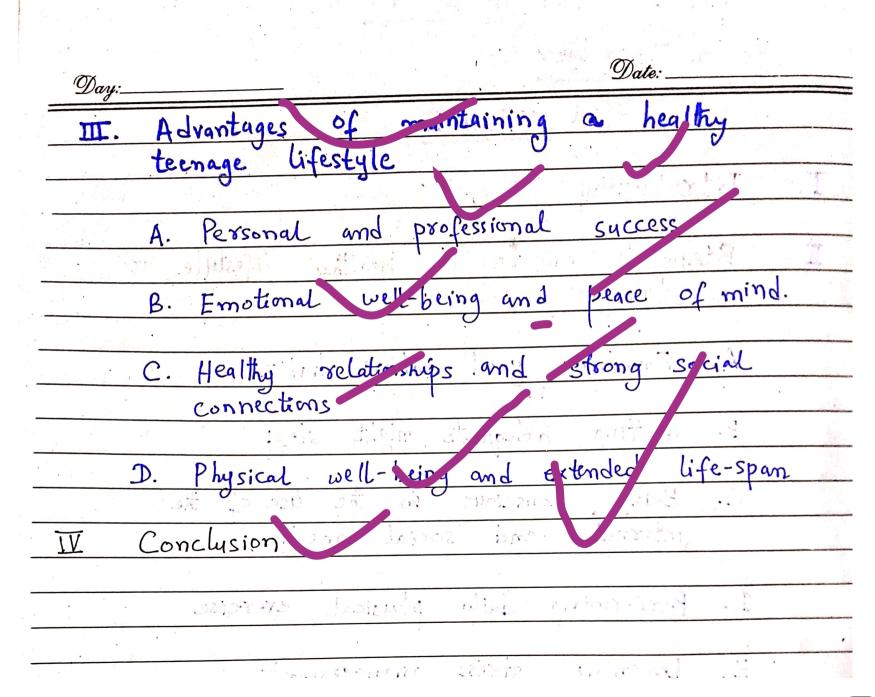
Steps to Maintain a Healthy Lifestyle Days a Teenager Date:_ HTLIN Ean Iz substantiate your ontrdou Introduction Ι. inarias) was bron. Lecree C lipsyle II. Steps ensure a healthy 20 pails -j'su ionina is teenag 900d eating habits A. Ensuring Getting acequit night slee Β. Un U P the Being cor clous in the C. use of social internet hd medi Playsical Performin :1 D. exercise management stres Learing E voidin drug 1: and Sm byse G. education and Freusing acqu 0 rin kills Cultivating positive nindset skills lequiring interessonal J. Being. concerd family members and to friends Sareb. Page No. Mada e. Passioni



Steps to Maintain a Healthy Lifestyle a Teenager **as** Day: Date: ____ in tralics peak 15 18 Openul the important aspects of a good while, healthing life gue is arguably the most portant and yet one of the marchighored ne, especially in moderniage. As ai iteenager, it is even more crucial to adopt ~ highly healthy lifestyle, in as preeningen Il air behaviors . to control on likelu throughout their lives, affecting every aspect Goothein basice life. An healthy lifestille, in a nutshell, is the sum g all (the) such habits that ensure an . individual's physica and mental ell-being along with good social, moral, and economic stras in Society. The most important reps for a denager to maintain a healthy lifestyle include good eating habits, getting acquising good eating habits, getting good night deep, and balancing the use spent online and in physical interactions. Additionally performing physical exercise, avoiding drag abuse, and learning stress management are other key aspects of healthy lifestyle. By and intrinalizing these sucht steps (an individual) a teenager ville acquire physical as well as emotional weit-being along with personal and professional success in future endervors. A sinner is Clark V To begin with, maintaining Pareb Page No.



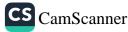
Ale Hill Land Day: ODa Date: _ good eating habits is the foremost crucial a tep towards to hearing lifestile as a teena es: Hyman body. segures balanced dist consisting of (both) various. macro - and micro nutrients to function effectively. A Eating a combination of healthy ry stohimprovde grains, meat, fruits, food Hatexpression get all those nutriels. Negetables, On the other hand, eating junk food only does not suffice for all the bodily. mytrient requirements. The famous saying, " You are what injou eat," succinctly elaborates importance of being aware of what is consumed. Ultimiting taking care a healthy lifestule ----- royning proper : Chine brain and body functioning. mill , addition to eating healthy ge# food, getters proper sleep at night is also the coucial step towards maintaining a healthy lifestyle. Sleep is not only indipersable sequirement of all m bings, it. is actually important out mood and body functioning. 1 gy lave According to the latest research by woological. scientisty the luman brain drains harmful chemicals during sleep, which necessary process to maintain emotional out a is health. People who do not get 6. to 8 hours palaritante a priver a pos Pareb Page No.

Day: Date: _ - night sleep showing a Significant seduction in their an sork efficiency. Therefore, a teinager, situis strictly advi 95 to keep check of a good sleep maintaining a healthy lifestyle exercise lasinuta In to day's no digital world, 1112 being conscious (of) the the myse of the im Internet and prospecial media wish highly essential for maintaining a balanced approach is life-in Although the interne and social media has provided a uplethora of benefits such as information and digital communication, its irresponsible use causes Letharqy, wastage of time, and addiction. Moreover, spendingsala lot of time online steals one's time to interact with family and in friends, making individual . an prone to the isolation and anxiety. According to a an 240 article of the Halthline unbrite, spending time on ine reduces an individue lot ability to. physically connect built peopler and make friend duezunto weakening of interpersonal suskills iftence, beina Souther use of digital netools Conscious o 21 very important for 63% guaranteeing teenage healthy lifestyle riter forming andaily the phay sical exercise is another stragy into ensure lifestyle. Physical exercise, such teenage healthy

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Date: Day: brisk walking, symming, or push-ups, is are as essential to prevent Various types particularty cardio Voscular diseas diseases, 74 ovidi also is proven effective confidence delig sting the 15 exercise becau sical the 19885 releas amine hormone brain that provide rical either For teen as Sense 0 asy self confiden tial mitoria mbolden them tois and achieve success. opportunity For that matter. physical exercise is key . strategy for temagers to 1 CISSAre a healthi lifestyle. 1 Cold Sin) on top of that, learning stress management tis crygal for mental well-being ... There we are many Ca ses o Cabisi stress in teenagers, sych a. examinations due to social media factors, stress, il stress anxiety no due to bullying, and others. To maintain these stresses in means to stopilar theman from causing health issues. Patents, teachers; and friend ave essential soyde guidance for ranagement. Moreover, of tress ntor als are available Hyndreds of free YouType prepared that are on by teach psychological e perts to young their people about managing stress. Teenagers tir e to these tutorials must take watch . Act 23 8.8 Lareb

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Day: Date: consult professional psychiatrists who or help them get their stress will over problem. As the world changing now is learning te, and stress an unprecedented at management crycial eenagers is . hghle 608 emotional wellbeing. to ensyre their 1755 smoking Abstaining and from critical healthy is very drug abyse for activities +0 life these lifestyle, gs lea a major 15 threatening outiones. Smaking is a deadly Cancer, wich yng Cause of hand 2 other leads disease abuse, on complications including weak us health to VaVI psychologic disorders like hallycinations, memory, glso tarnishes Noreover, it failyre. heart well as social reputation. gs self-image that the family observed widely It is not as habitual s. also have members 101 due to passive smoking. problems ng-relate to maintain a healthy magers and drug avoiding noking 5. yle, prevent health critical abyse is deterioration. for healthy important step Egjually skil education 0 lifestyle is focusing on ridvie acquiring. Knowledge increas s sealms sight into provides and world, upskilling nodern life. In this socioeconomic esse ial Cor reskilling is Pareb Mude in Pokis Page No.

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Day:

Date:_____

so cipe conomic good development. Ultimately, a provides and status provides mind peace of 45 the (potential)x ppy. 10 a as lead h life. As explained by Mastins fulfilling ists ... forwards hierarchy of herds coson anti socioeconomic Ligher goals after Dasic his necessities Therefore, acquirme fulfilled. are education. is crylid for teinagers -to lead a fulfilling healthy lifestyle. and. Cult auna positive mindret. is another gnificant teenagers step to atta lifesty In other ather "SD. to foster must erro DOST avoid negativit and about oneself includes there positive mindset ami fosus brighter side and heping he struggling in the fatur and Sr8 .0 Success sson with a positivity mindset unnecessary ctu of. and an to improve endeavors and a setback mstead mof givin 14 widely observed . the i Soc minuset with a positive people better attain others -selation ships with Therefore, althu ensure to a success. must strive tou teenager. lifestyle. mind set. cultivate a positi 1re Furthermore, acquiring is (an other)x interpersonal skills mother Made in Pakieta Page No.



Day: Date: necessary step for attaining health lifestyle. Inter personal skills those are Skills that Letter perso help ŝ a communication and mgagemp.c with other people. They include. L'AYDIY 4 how to conveu your thoughts and fieldings and also feelings under stand others troughts and effectively. Better relationships are necessary not, only to physical needs Ifill ra person but al play major role of mental wellbeig Experts whave now byt inter ersonal m the top ten Kills life. As for syccess ŝ skills recessary in corpersonal skills myst are a a result, for teenagers to work for Orv lifestyle. and on beal thy Wigrow Lastly, to being connected family members and friends IS als essential a healthy are Hymans lifestyle. aspect of (which) who require connection to animals, social their necessities human beings to ful otter individual's family death. An to birth from. of compassion SOYYCE are a Priends and. also support difficult times hey are m when the m physical mechanisms rson is instance, www. à person alls For needs of the support dire meed m ill ? he amily and friends even for 8 of his chores-Thus, it is proven basiperforming that for connect with and friends family attaining an essential step towards Lareb Page No. Made in Pakistan



Day: and the second division of the second divisio Date: _ lifestyle. 1933 healthy . · Y . W. numerous advantages There are of a healthy T iai b m) .0 lifestyle teen ger. The foremost em gmong 15 out edily personal md profession a Leading future. m life of à cipline and focusing healthy - Choices on life paves way the. towards Sciccess. Itan is because " healthy body and a mind is necessary for performing necessary endeavors to succeed li.C. including studying, working DEL an 'n employer 95 07 entreprenuer; for the So and Conversely. m unhealthy person . who had focused st on his health earlier. his teenage struggles life diseases, anxeity, Jue other socioeconomic and tysmoils. Therfore, a healthy lifestyle guarantees personal and professional Syccess. In addition) Moreover, emotional wellbeing and peace of mind other gre fruitful outcomes of leading healthu a. lifestyle. An individual having a healthy body Leads to happiness and sereniti of mind. The quotation, "A body healthy eads to a healthy mind," captures impostance of physical fitness. In addition. better provid relationships also a Sense of Lareb Page No.

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Date: Day: inclusivity in the society and prevent anxiety triggered due to eclusion and isolation. it is evident that a healthy Hence, lifestyle assyres emotional wellbeing and peace of mind for tranagers as well. In conclusion, there are numerous steps to maintain a healthy lifestyle as a teenager, which guarantee a successful and fulfilling life. The most important ones being performing routine important physical exercise, learning stress management, and avoiding Substance abuse. In addition, and avoiding focusing on acquiring skills, cultivating positive mindset and forcering strong relationships with family members and friends are also crycht espects to focus for a healthy lifestyle. Advantages of a healthy lifestyle include personal and professional success, emotional wellbeing, and extended life span. Teenagers n strive to stick to healthy habits so that they play their active role for the betterment of the world in future must So in fytyre.

