

5 TIPS HEALTH



5 Tips to Maintain Health For You That Can Be Imitated At Home So That Your Body Is Always Fit And Healthy.



Eat Nutritious Food

You can consume meat, milk, eggs, or fish for protein sources, and carbohydrates from rice, potatoes, oats, or whole wheat bread to give you energy.

Regular Exercise

In addition to eating nutritious foods, you also need to exercise regularly to keep your body active, healthy, ideal, and fit.



Drink More Water

Adjust this fluid requirement according to your body weight and the intensity of your activity. If you do a lot of activities, of course you need to consume more water.

Manage Sleep Well

Sleep is the key to a strong immune system, improves memory, and can control appetite.



Sufficient Vitamin Needs

Our bodies need vitamins as a way to protect and maintain a healthy body to stay healthy and fit. The intake of vitamins that can be used to maintain a healthy body is vitamin D and vitamin C.

