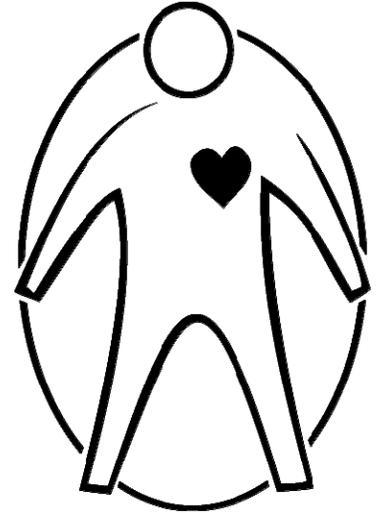


Name _____

Date _____

Healthy Habits That Promote Wellness

As humans, we develop habits that we follow throughout life. These habits save us time and mental energy, allowing us to perform many actions without using concentrated thought. While many of the typical person's habits are healthy, most of us also develop a number of unhealthy habits over time. Conscious effort is necessary to adopt a new habit or change an unhealthy habit to a more beneficial one.



A Nutritious Diet

One of the most important healthy habits is to follow a nutritious diet each day. Eat a medium-sized breakfast, followed by a light lunch and dinner. Snack on whole grains, fat-free dairy products, nuts, seeds and fresh fruits and vegetables. Drink plenty of water and avoid sodas and foods high in cholesterol, saturated fats and sugars. Avoid eating large portions, and eat only when you are hungry, never because you are bored, emotionally taxed or stressed. A regular, nutritious diet is important to your physical health.

Adequate Sleep

Many doctors recommend maintaining the same sleep schedule seven days a week in order to keep the body accustomed to a routine. Sleep in a dark room without distractions such as music or other noise. If you regularly have difficulty falling or staying asleep, ask your physician about other ways to relax before bedtime.

Regular Exercise

The human body requires regular exercise for health, but many people fail to adopt good exercise habits. Regular exercise can help prevent chronic diseases, such as high blood pressure.

Stress Management

When life gets hectic, many individuals fail to develop healthy stress management habits. Talking and laughing with friends, watching a movie, taking a nature walk, reading a book or playing a game can all help reduce stress levels.



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Healthy Habits That Promote Wellness

Multiple Choice Questions

1. Which of the following is NOT a healthy habit?

- a) Regular exercise
- b) Adequate sleep
- c) Smoking
- d) Playing with friends

2. According to doctors, we should sleep in a

- a) Dark room
- b) Noisy room
- c) A room in which music is being played
- d) Doesn't matter

3. Which of the following is an Unhealthy habit?

- a) Working hard
- b) Managing your stress
- c) Drinking soda
- d) Eating clean food

4. Which of the following helps us in reducing stress?

- a) Talking to friends about the situation
- b) Watching a movie with loved ones
- c) Reading books or playing games
- d) All of the above



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Healthy Habits That Promote Wellness

Answers

1. c
2. a
3. c
4. d

Explanation of Answers

1. Smoking is bad for your health so it is an unhealthy habit.
2. According to doctors, we should sleep in a dark room **without** distractions such as music or other noise.
3. Drinking alcohol is an unhealthy habit.
4. When life gets hectic, many individuals fail to develop healthy stress management habits. Talking and laughing with friends, watching a movie, taking a nature walk, reading a book or playing a game can all help reduce stress levels.



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Healthy Habits That Promote Wellness Writing Activity

1. What are healthy habits?

2. What can happen to a person who has unhealthy habits?

3. Give two examples each for healthy and unhealthy habits.

