

## Proper hydration

Healthy eating is not only about what we eat, but also what we drink. How to take care of your health? Drink water regularly. Water ensures adequate hydration of the body, improves digestive processes and speeds up metabolism.

Remember - always have a water bottle handy and reach for it even when you do not feel thirsty. If you want to check how much water you should drink per day to stay healthy and fit, check out the water calculator on the Maczfit website.

## 2 Remember to be physically active

*Regular physical activity has a beneficial effect not only on our condition, but also on our mental health.* Movement strengthens the muscles, corrects posture defects, improves the endurance of the circulatory and respiratory systems, and stimulates the body's defenses. It also promotes mental relaxation. By engaging in physical activity, you stimulate the body to produce endorphins, i.e. happiness hormones.

Regular physical activity is not only enjoyable, but also protects the body against civilization diseases, such as obesity and cardiovascular diseases. Do you want to lead a healthier lifestyle? You don't have to buy an annual gym membership right away and sign up for hard training with a personal trainer. At the beginning, it is worth introducing a moderate level of activity.

Moderate physical activity - examples of forms of exercise:

- walk,
- jogging (running at a slow pace),
- Nordic walking,
- Cycling,
- skating,
- swimming,
- dance,
- yoga.



## 3 Cut down on stimulants

The use of stimulants not only weakens our immunity, but also has a negative effect on the nervous, respiratory and heart systems. The most popular stimulants are: smoking, drinking alcohol and taking over-the-counter medications in excess.

Smoking cigarettes increases the risk of cancer, as well as:

- causes breathing difficulties and increases the risk of respiratory diseases,
- increases the risk of cardiovascular disease,
- can cause eye diseases,
- has a negative effect on fertility.

**In order to live healthy, we should completely eliminate cigarettes. Nicotine is a highly addictive substance, so if you have a problem with this addiction - get help from specialists.**

All stimulants are dangerous in excess. Having a glass of wine on a Friday night does not mean that we have neglected our health. However, when one glass of wine is turned into a daily ritual, it is worth looking for the source of the problem and seek help.

#### *4 Get a healthy sleep*

Taking care of yourself also means taking care of relaxation. A healthy lifestyle involves not only physical activity, but also time to rest and regenerate.

Meanwhile, in today's busy world, we often do not have time to sleep, and when we are already asleep - we do not care about its hygiene.

#### **How to take care of sleep hygiene?**

- An adult person needs about 7-8 hours of sleep a day.
- It is best to sleep in complete darkness and silence.
- Let's try to properly calm down before going to sleep.

Before falling asleep, it is best to give up watching TV, using a computer and a smartphone. These devices emit blue light that adversely affects the production of melatonin, which is responsible for healthy, deep sleep.

