

## GOOD HEALTH&WELL-BEING

### Wellness Starts with Healthy Habits!

#### Eating healthy

In today's world, it is very important, but still difficult to be healthy. About 25% of the world's population struggles to eat healthy, nutritious food.

In order to be healthy four of the many keys is drinking around 8 glasses of water per day, cutting off sugar, eating fruits and vegetables, eating meat and fish. "You can add up to 13 years of life by following a diet that has more vegetables, fruits, nuts." says doctors around the world.

#### Physical activity

Physical activities is one of the best things that

you can do for your health. Physical activities help strengthen bones, improve brain health, help manage weight, improve mood and protect from various diseases, etc. Around 45% of men are gym members, while 46% are woman.

#### Mental health

Mental health is very important, as it affects you, your work and others around you. Approximately 280 million people suffer from depression. It's scientifically proven that depression is about 50% more common among woman, than among men.

To reduce depression, anxiety etc. you don't



always need medication or therapy. Getting enough sleep, exercising, eating healthy, listening to music, socialising can sometimes help too.