

Simple Ways to Care for Your Health

No gym time? No worries. There are many ways you could stay fit, even when you're at home. Don't forget to take a break from schoolwork and focus on your physical health, as well.

Here are a few tips to stay fit even at home.



Perform simple exercises.

You can do simple stretching exercises. You can even try to do some yoga, zumba or pilates which only take a couple of minutes of your time.



Eat healthy

Partake of a healthy diet with fruits, veggies, protein and whole grains to keep your energy up.



Monitor your weight

Maintain a regular weight to avoid obesity and chronic illnesses that may develop from it.



Get enough sleep

Teens should get between 9 – 9 ½ hours of sleep. This helps you focus better on your classes and be in a better mood.



Don't go overboard with sounds

Even though it is tempting to let loose with mood music as you complete your schoolwork, maintain a moderate volume on your headset because loud music can damage your hearing later on.

