To be healthy you should eat 5 fruits and vegetables each day .Being healthy can help you feel better in your own skin and help you be more confident.

You should do more sports and eat healthy ,if you like more moderate activities you can ride a bike or go for a walk .But if you like more extreme activities you can go zorbing or bungee jumping.

To be healthy you should sleep more and drink a lot of water .Being healthy can make you live a long fun life