

Maintain balanced diet!



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Nutrition is vital for your body and all of its systems to function properly, by having good nutrition it will help you maintain a healthy weight, reduce body fat, provide your body with energy, promote good sleep and generally make you feel better.

Maintaining a healthy diet will also improve your mental wellbeing.

A balanced mood can be protected by ensuring that your diet provides adequate amounts of complex carbohydrates, essential fats, amino acids, vitamins and minerals and water.

This should be in addition to daily exercise.

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