

- Students / Lifestyles

## Guiding learners to a healthier lifestyle

---

Panay News · 17 Aug 2022 · 9 · By: JASMIN JOYCE A. LAURON, MAN, RN

---

Many students believe they can't actually find the time to maintain their own health and wellness until a sickness takes hold and stops them in their tracks due to examinations, assignments, and maintaining an active social life. Being healthy is as simple as it gets because the majority of schools offer children access to health services and an abundance of physical activities.

In order for students to stay on track about keeping themselves healthy, most health experts advise that they control their portion sizes. Students should monitor their intake to prevent eating too much of even the healthiest meals. Meat portions should be roughly the size of a deck of cards for most people, and other serving sizes vary depending on the dish.

Learners should also keep in mind that regular exercise goes a long way. Even the simplest things that the learners do can be considered as exercise like walking, running, playing, or even through doing their daily chores. Exercise helps the learners to get their body going all throughout the day and it can help them with their school work.

Aside from exercises, sleep is also very important when it comes to staying healthy. Having plenty of sleep can have a big impact on the students academic performance. Learners should keep in mind that without proper sleep, they will get cranky and they will not have the energy that they need in order to do their daily tasks.

Positive health habits are the expression of a healthy lifestyle and are used to maintain health and avoid disease. Healthy lifestyle choices are crucial for promoting health since they can reduce disease signs. People who have adopted healthy living habits can endure health risks associated with illness and impairment in later life.( Contributed article)