

HOW CAN PEOPLE STAY HEALTHY? Fresh fruits and vegetables increase immunity and help the 2 / 1

body to fight diseases. For example, eating oranges give vitamins to the body and eating fish gives proteins. For instance, water melon juice provides healthy skin and avocado juice is good for getting quick energy. Eating fresh fruits and vegetables, drinking juices, doing exercise and going to gym helps people to maintain good health. people can eat fruits, vegetables and fish every day. Drinking fresh juice daily makes a person active and has many benefits. Health is very important and has many benefits for people. Healthy people can have a long life with good immunity. Firstly, people can stay healthy by eating healthy food. Secondly, people can stay healthy by doing exercise. Such as, people can do jogging to .keep the heart healthy and do swimming to be fit