

HEALTHFULNESS

Meaning: Healthfulness refers to the quality of promoting good health and well-being.

1. The healthfulness of a balanced diet is often emphasized by nutritionists.
2. Many studies have shown the healthfulness of regular physical activity for mental well-being.
3. Incorporating more fruits and vegetables into your meals can enhance the healthfulness of your diet.
4. The healthfulness of a lifestyle that prioritizes sleep and stress management cannot be overstated.
5. People are increasingly aware of the healthfulness associated with organic food choices.

Source: sentences.whatistheurl.com

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