

# HEALTHY

*Meaning: Healthy: conducive to good health; promoting physical, mental, and emotional well-being.*

1. Eating a balanced diet is essential for maintaining a healthy lifestyle.
2. Regular exercise not only improves physical fitness but also contributes to mental health, making you healthier overall.
3. Incorporating more fruits and vegetables into your meals can lead to healthier eating habits.
4. A good night's sleep is crucial for keeping your body and mind healthy.
5. Staying hydrated is an important factor in achieving and maintaining a healthy body.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/healthy>*