



07 – THE IMPORTANCE OF STAYING HEALTHY



Tahia: So I've been really worried about my physical health lately and think that I need to have a far better routine. What do you think are the most important things that I should do to have good physical health?

Christian: That's a great question. I think it's a combination of things. You need to make sure that you're eating healthily. That means lots of fruits and vegetables, no junk food like fried food, and no sugary foods like cookies and chocolates. You can treat yourself here and there of course, but don't make it part of your routine. And I also think that exercising is very, very important.

Tahia: How do you exercise and how often do you exercise?

Christian: I exercise by going to the gym, which is where I run on the treadmill and lift weights to tone and grow my muscles, which is super important to me. Usually I work out for around one hour each time and try to go at least five times a week. How about you? What's your favorite way to exercise?

Tahia: I do like going to the gym, but I enjoy it best when I mix it with going to classes like Zumba and Pilates classes. It's a great mix and it means that I don't get bored. Another thing that I'm trying to do as well as exercising is drinking way more water. It helps to keep you more energetic, helps your skin be clearer, and generally helps your health in a lot of ways. How much water do you drink in a day?

Christian: Let me think. Usually I aim for two and a half liters of water a day, and I like adding lemons and strawberries to my water to make drinking more exciting. Because, you know, drinking only water every day can get a little bit boring. And one thing that I'm working on right now is having a very healthy sleep routine. Right now, I'm only sleeping for around four hours a night and it's been making me feel very tired throughout the day. What about you? How many hours do you sleep?

Tahia: I try to sleep for about eight hours, but sometimes it's longer and sometimes it's shorter. The key is to sleep at the same time every night and wake up at the same time every morning so that you can build a routine.