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Dec 29 2024 Trending 50 simple tipsto transform yourself and live ahealthylife  
TOI Lifestyle Desk etimes Dec 29 2024 08 30 IST Dec 24 2024 Here are 10  
practicalhealthtipsto help you start off towardshealthyliving in 2025. 1. Eat  
ahealthydiet Photo WHO Y

Shimizu Eat a combination of different foods including fruit vegetables legumes  
nuts and whole grains

Adults should eat at least five portions 400g of fruit and vegetables per day  
Completehealthguide which includes fitness beauty diet yoga weight training  
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conclusion these 26 expert recommendedhealthtipsare a valuable resource to help  
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By incorporating each simple yet effectivehealthtip into your daily routine you  
can improve your physical and mentalhealth boost your energy levels and enhance  
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Healthier 2026 Authored by Ashima Sharda Mahindra Updated Dec 24 2025 18 30 IST  
A happier 2026 begins with prioritising mentalhealththrough simple daily habits

Experts suggest mindfulness regular exercise quality sleep reduced screen time  
playful activities social connection and stress management. These small  
intentional lifestyle changes can improve mood reduce anxiety and build  
emotional resilience without requiring major time or.

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