

## Healthy Eating and Lifestyle

1. Whenever you drink water always remember to **SIP**.
2. Don't drink **ICE COLD WATER**.
3. Don't drink water soon after eating your **meals**.
4. Drink water first thing in the **morning**.
5. **Chew** your food thoroughly.
6. **Sit down** while eating food.
7. Dinner **on time** and go to bed **two hours** after dinner.
8. While sleeping make sure your head is **NOT** in **NORTH** direction.

