

Healthy Living

in the Modern Era

THE DIGITAL DOUBLE-EDGED SWORD

In today's world, **screens are everywhere**. Laptops, mobile phones, and tablets make life easier and more connected; however, constant use can slowly harm our health. **Long screen hours lead to poor posture, eye strain, and disrupted sleep.** Moreover, endless notifications reduce attention span while increasing daily stress levels.

SCREEN-SMART, BODY STRONG

Fortunately, **balance is possible**. Firstly, setting **screen-time limits can prevent digital overload** and improve self-control. Simple extensions such as **LIMIT** help track and restrict usage. In addition, regular exercise—**even short home workouts**—plays a major role in maintaining good health. Physical activity keeps the body active, reduces fatigue, and ultimately **boosts focus** and **energy levels** throughout the day.



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GOOD SLEEP, BETTER LIFE

In a highly digitalized era, good sleep is often the first habit to suffer. However, **maintaining a strict bedtime** is crucial for an active lifestyle. Turning off digital devices at least one hour before sleep **helps calm the mind**. As a result, 7-8 hours of sleep improves mood, recovery, and overall well-being.



A consistent sleep cycle is your best defense against illness



FUEL THE BODY RIGHT.

Furthermore, **healthy eating habits are essential**. Limiting junk food, drinking enough water, and eating balanced meals **support brain function, strengthen immunity, and maintain consistent energy levels in a digital lifestyle**.