

# Healthy living

## 健康生活



Your body is an amazingly intricate and efficient machine, but it needs proper care to run well. If you want to be free of sickness and other physical problems, you have to do your part. That takes time, thought, and effort. You have to eat properly, drink plenty of fluids, get sufficient sleep, exercise, etc.

你的身体是个极其复杂而有能力的机器，但它需要得到适当的照顾，才能顺利运转。如果你不想生病，或有其他健康问题，就需要尽你的本分。你需要饮食适当、喝很多流质、充足的睡眠和锻炼，等等。



## Eat Right

“Eat right” comes down to following a few simple guidelines:

- *Eat a balanced diet.*
- *Don't overeat.*
- *Don't undereat.*
- *Don't obsess over your diet.*

Changing poor eating habits takes determination, but you'll probably be surprised at how quickly you develop an appetite for the right kinds of food and lose your appetite for the wrong ones.

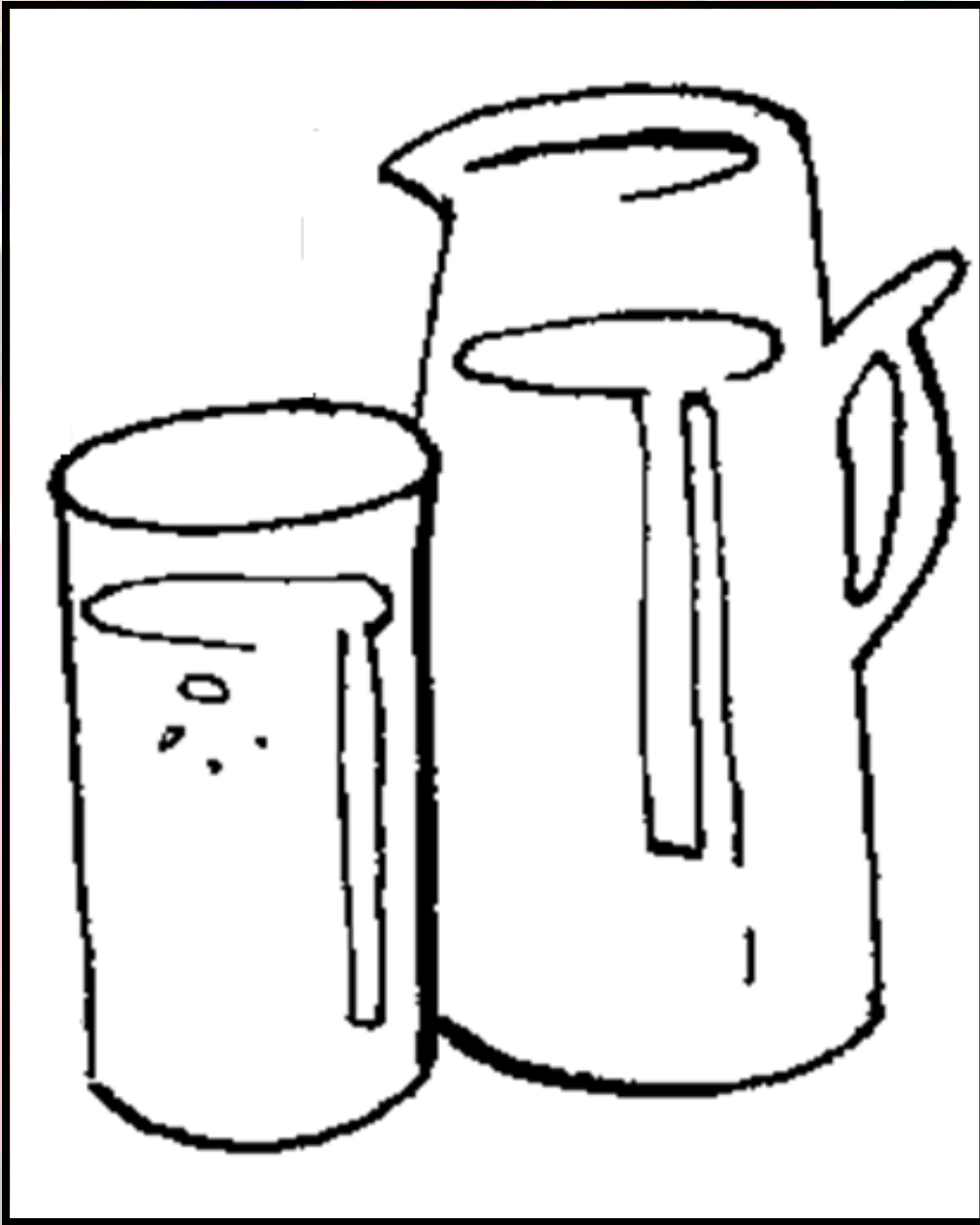
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## 饮食得当

“饮食得当”归结为遵守下面几个相当简单的指导方针：

- 饮食均衡
- 不要饮食太少
- 不要饮食过量
- 不要把饮食看得太重

虽说简单，但并不总是容易。改变不良饮食习惯需要有决心，但你也许会惊讶地发现，不用很久你就会喜欢上健康食物，而对那些不好的食物不再有食欲了。



## Drink water

Sometimes even slight dehydration can leave you feeling tired and lethargic. Blood and other bodily fluids are mostly water. Even mild dehydration can cause blood to thicken, forcing the heart to pump harder to carry blood to cells and organs, resulting in fatigue.

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## 喝水

有时，即使是一点点脱水，都会让你感到倦怠。血液和其他体内液体，大部分是由水构成。甚至连轻微的脱水，都可以导致血液变稠，迫使心脏需要加倍工作，才能把血液输送到细胞和器官，因而导致疲劳。

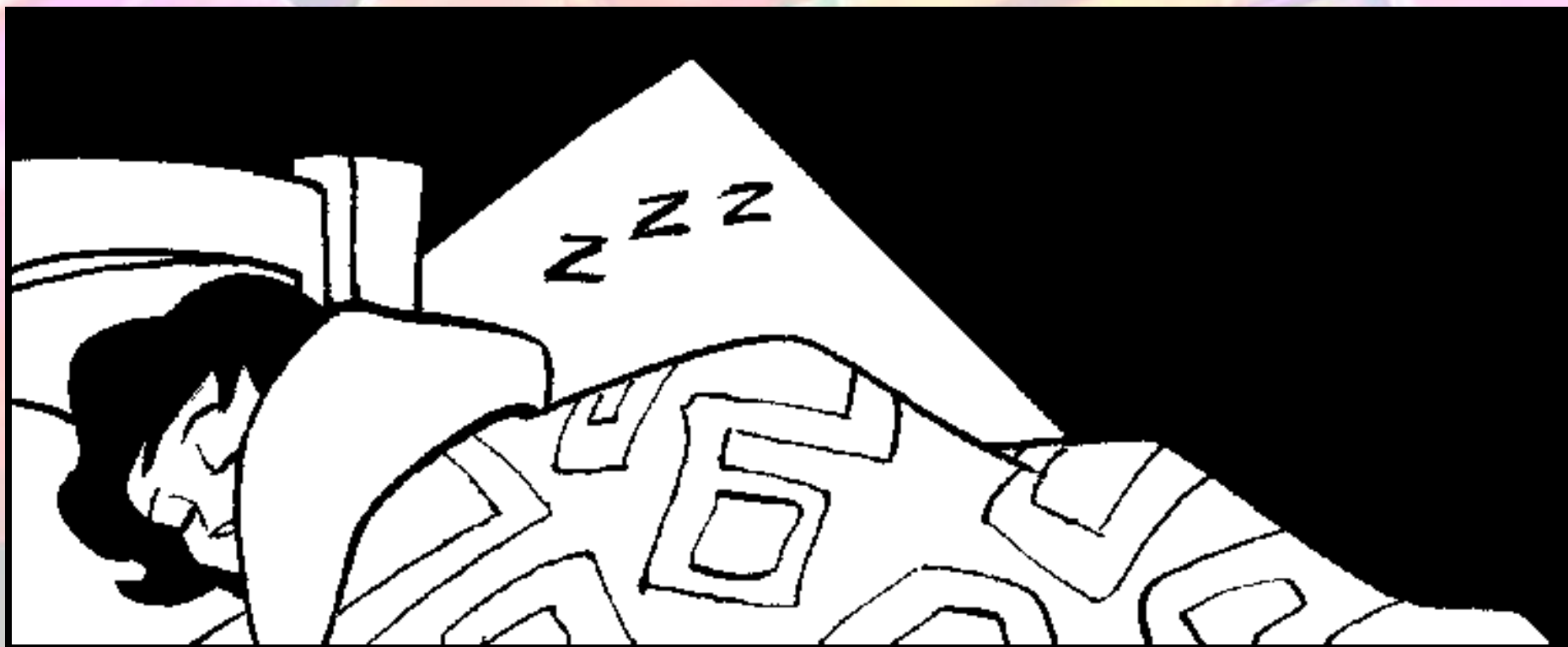


## Get enough sleep

We get more out of our waking hours when we're rested.

## 睡眠充足

休息得好让我们的工作更有效率。





## Exercise

Exercise keeps our bodies capable of cleansing and repairing themselves. It also strengthens muscles, bones, and internal organs, and boosts our immune systems. There is scarcely a living cell in our bodies that doesn't benefit from the right kind of exercise on a regular basis.

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## 经常锻炼

锻炼使我们的身体有能力不断清洁和修复自身。它还能增强肌肉、骨骼和内脏，促进我们的免疫能力。我们身体里几乎没有一个细胞不从适当而定期的锻炼中受益。

## Energize your spirit:

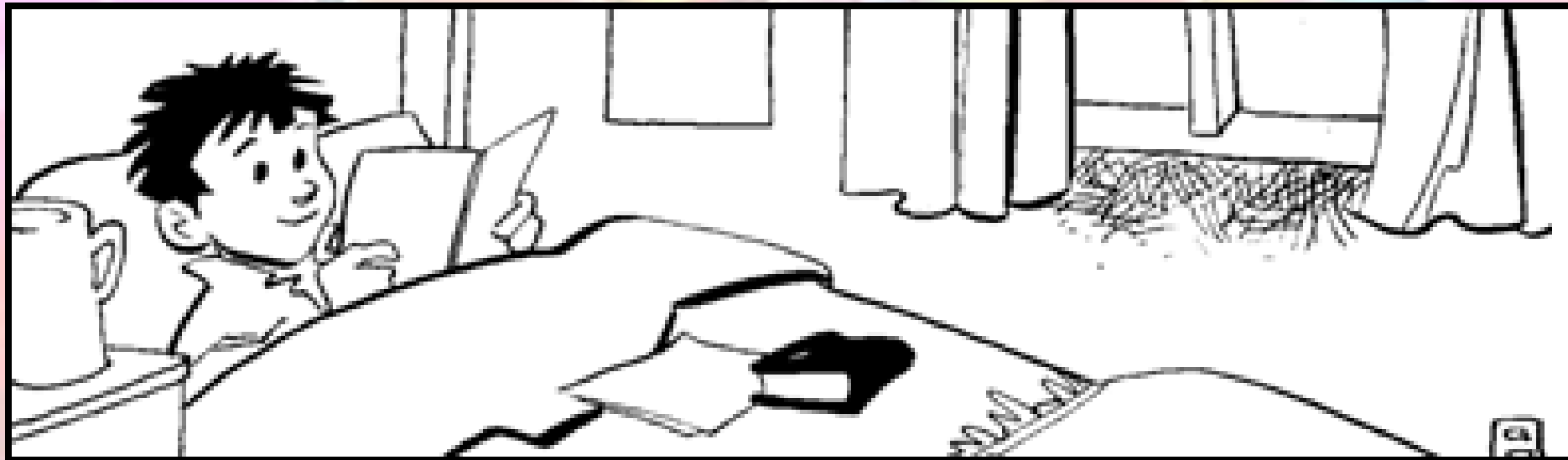
- Look on the bright side
- Think and speak positively
- Maintain positive relations with others.

Life happens. Emotionally difficult situations are inevitable, but if you react positively, then your brain and body will rebound, along with your vim and vigor.

## 使你的灵性精力充沛。

- 看着好的一面。
- 保持积极的态度
- 与他人保持积极的关系

生命中发生的事很多，感情上困难的情况难免发生，但你若做出明智的反应（乐观会对你有帮助），你的大脑和身体就会重新振作起来，你的精神和活力也会恢复。



Bilingual stories for children – [www.freekidstories.org](http://www.freekidstories.org)

Art by Jeremy Spender.