



Which of the following is/are included in the healthy living?

Which of the following is/are included in the healthy living?

- A. Balance Diet
 - B. Regular Exercise
 - C. Adequate Sleep
 - D. all above are included**
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Healthy Living

A Balanced diet, regular exercise and an adequate sleep are the need and are included in the healthy living. **Healthy living** to most people means both physical and mental health are in balance or functioning well together in a person.

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Biology MCQs by CSS MCQs



Which of the following is/are included in the healthy living?

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