

Are you a busy student who is usually studying and doesn't have a lot of time, but still wants to get healthier? In fact healthy living doesn't have to be hard. But it does require a small amount of commitment and a big love for being refreshed.

Here are some tips for healthy living on the go:

If you haven't got time for anything else in the morning, make time to drink a big glass of water. We lose a lot of oxygen through the night and we need to supply them with water and oxygen to refresh our cells. Drink a glass of water and within a week you'll begin to feel less tired. I like the taste of water, but I know some people do not. If you're one of them, squeeze some fresh lime into your water to give it taste and drink up.

If you leave for school in the morning and don't return until evening, take a few fruits and eat them throughout the day. Fruits are great for their nutrients, vitamins and sugars that are required in our body.

If your classmates are going to the fast food store and you want to go along, go ahead but don't order the burger or French fries. Go for a nice salad instead. Or any other healthy meal that takes your fancy. Junk food is full of "empty calories" that do nothing for your body but put on extra unneeded and unhealthy fat.

If you study in the classroom, get up every hour and go for a walk. If you have stairs out of your classroom, run up and down the stairs every couple of hours. Get your blood flow and your muscles move.

When you've got time — at your desk — do some deep breathing. Inhale and count up to 5 seconds, hold it for a few seconds, and release slowly. Exchange of oxygen and carbon dioxide is one of the best things we can do for our blood and cells.

위 글에서 필자의 주장에 포함되지 않는 것을 고르시오.

- ① Breathe deeply whenever you've got time.
- ② Move your body every hour.
- ③ Eat fresh fruit whenever you can get it.
- ④ Avoid going to fast food shops with your friends.
- ⑤ Drink some water as soon as you get up in the morning.