
Eat well Sleep well

Posted by harshads - 2008/02/19 12:52

Yes guys!!!

Use this statement in your daily life. Eat fresh and nutritious food.

Take sleep of minimum of 6 hours.

These small small things will help you in your life.

Re: Eat well Sleep well

Posted by angel_of_vengeance - 2008/02/20 05:16

As the saying goes, "Early to bed and early to rise, makes a man healthy and wealthy and wise."

Having enough sleep is proven to make a man fit. Without enough of it, a man will not function effectively and efficiently.

:cheer:

Re: Eat well Sleep well

Posted by chuckiesd - 2008/02/20 05:29

For me most important thing is sleeping well. From that you will get the healthy for yourself. Must take enough sleep. 6-8 hours per day.

Re: Eat well Sleep well

Posted by Jenson - 2008/02/21 06:18

I agree with you. In fact most people often think that exercising alone is enough but the actual fact is, enough sleep is just as important.

Re: Eat well Sleep well

Posted by bulletservice - 2008/02/24 03:16

angel_of_vengeance wrote:

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"Early to bed and early to rise, makes a man healthy and wealthy and wise."

This formula is correct but unfortunately now this quote doesn't for us webmaster as we have to work in the night also. So it is hard to sleep early and early to rise :(

Re: Eat well Sleep well

Posted by anand1 - 2008/02/26 14:49

I think that sleeping slows the process of metabolism in our body. but this is only a general view. thanks for the info. will try to have nice sleep and diet.
