

# Practising well-being in the 21st century

We live in a world where living a holistic life has become a priority for everyone. People now value the importance of taking care of themselves not just physically but spiritually and mentally as well. We are now more open to embracing healthy habits such as mindfulness, fitness routines, and healthy eating habits.

## Mindfulness practices

Through mindfulness, you focus on being completely aware of what you are feeling and sensing right now, without judging or interpreting it. This practice includes breathing techniques, meditation, and different practices to loosen up the body and psyche and thus help release stress. Apps that guide you to meditate are recently in trend. These platforms allow individuals to explore different meditation



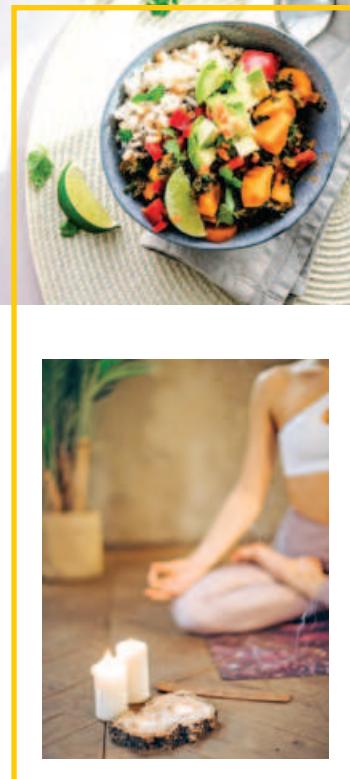
techniques that fit specific needs.

## Fitness routines

It has been found that engaging in regular exercise boosts energy and mood. It might likewise be connected to plenty of other significant medical advantages, for example, a lower possibility of getting diagnosed with heart disease. As of now, Pilates, yoga, and high intensity interval training (HIIT) are probably the most effective fitness routines that you can follow.

## Healthy eating habits

Our eating habits reflect how we feel in our own bodies. Plant-based diets have gained popularity, with more people adopting vegetarian or vegan lifestyles. These diets prioritise whole grains, legumes, fruits, and vegetables while limiting or eliminating animal products.



to hunger pangs and fullness cues. This approach emphasises listening to internal impulses over strict diets or external constraints, providing a sustainable and balanced eating style.

Personalised food delivery services have grown in popularity as a way to ensure optimal nutrition. Pre-portioned, nutrient-dense meals suited to individual preferences and dietary constraints are provided by these services, making healthy eating more accessible and convenient.

Mindfulness practices like guided meditation apps help individuals stay grounded in the present, while diverse fitness routines empower both body and mind. Healthy eating habits, such as plant-based diets and intuitive eating, fuel the body with essential nutrients.

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Photo: Collected



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