The Everyday Body

A One-Page Guide from Being Human · beingahuman.net

Eight simple facts

- **1. Sleep.** Most adults do best with 7 to 9 hours. Kids need more. Sleep repairs body and mind.
- **2. Water.** Drink when thirsty. Pale straw urine is a good everyday sign. Food and tea count too.
- **3. Movement.** A little most days beats a rare heroic workout. Walking counts.
- **4. Daylight.** Morning outdoor light helps set your body clock and mood.
- **5. Food.** Food gives energy and building parts. Protein, plants, and fewer ultra-processed snacks help most people.
- **6. Breathing.** Slow breaths through the nose can calm a racing body in one minute.
- **7. The brain.** Attention is limited. One hard task at a time works better than three half-done.
- **8. The heart.** It beats for every organ. Steady movement, sleep, and smoke-free air help it last.

Seven small things to try this week

Monday
Take a 10-minute walk after one meal.

Tuesday
Put the phone away for one full meal.

Wednesday
Step outside for five minutes of morning light.

Thursday
Drink a glass of water with breakfast.

Friday
Go to bed 20 minutes earlier than usual.

Saturday
Do one chore that uses your whole body.

Sunday
Send a kind message to someone you care about.

This is general education, not medical advice. For your own health, talk to a doctor. Read more at beingahuman.net · Free to share for personal use.