
Discussion

[Yone Moreno](#) · Oct 4, 2022

[Off-Topic] What habits keep you fit physically and sharpen your mind?

Hello,

Thanks for reading:

I was wondering, what habits or activities keep your mood balanced and your mind sharpened and your body fit?

What kind of sports do you like?

What habits are the ones that you recommend?

Thanks for replying.

Greetings

[#Other](#)

Source

URL: <https://community.intersystems.com/post/topic-what-habits-keep-you-fit-physically-and-sharpen-your-mind>