

5 simple steps to increase your ideal height

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Having an ideal height is always the wish of many people, but due to many reasons, especially genetic factors may affect the growth of your height. But don't worry, science has proven that human height is determined by a combination of genetic and environmental factors, namely nutrition and physical activity.



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Here are 5 steps to help increase height if done regularly

first

Actively drink milk



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One of the most important factors in growing teen height is Vitamin D and Calcium. There is no doubt that we all know that milk contains a lot of calcium and other essential minerals.

On average, a person should drink 1 glass of milk per day to ensure nutrition for the body and prevent osteoporosis. For teenagers in the growing age, to promote optimal height, you should consume 2-3 glasses of milk per day!

If you are afraid that drinking too much milk will easily gain weight, just change to unsweetened milk, or drink 1-2 glasses of milk but calcium-fortified milk is also good.

2

Additional Vitamins



Additional Vitamins

Our bodies need a certain amount of vitamins every day. You can find a lot of Vitamins in fruits and vegetables to add them to your daily menu to meet the body's Vitamin needs.

In addition, because you are in the age of rapid growth, you can take multivitamin supplements as prescribed by your doctor to ensure that the amount of vitamins your body provides is just enough.

3

Get enough sleep



An ideal sleep is deep sleep at night, lasting from 7-8 hours. For Teen, this number should be 8-10 hours.

In addition to the night, Teen can also nap from 30 minutes to an hour for the body to rest and relax in the middle of the day. But remember that night sleep is always the most important sleep.

While you sleep, your body will produce a special hormone that works to help you grow taller! According to scientific studies, Teens who sleep before 12 pm will have better health and ideal height, but Teens like to live at night.

4

Make friends with Yoga



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Yoga is not only for the elderly, but it is also very good to improve the height of our body.

The evidence is that the stretching movements of yoga both help blood circulation, stimulate bone growth, and increase flexibility for joints. These advantages help develop the musculoskeletal system, increasing your height.

Sign up for a yoga class if you can. If not, you can do simple stretching exercises at home, too!

5

Play basketball



Play basketball

Try to notice, basketball players are all tall people! In fact, the movements of reaching, jumping high in basketball are all great exercises for Teen's height development.

In addition to basketball, you can also make friends with volleyball because it also has movements that stimulate height growth.

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