

# Ways To Increase

## Boys' Height

### Naturally



Avoid exposure to cigarette smoke and other harmful substances



Always maintain good posture



Strengthen core muscles



Ensure balanced nutrition



Get enough sleep and rest



Take only prescribed supplements and vitamins



Get adequate physical activity

#### Note:

A child's height depends on several factors beyond anyone's control, such as genetic factors. These interventions may work for some children and may not work for others.

#### Reference:

How to increase height – Important factors that influence growth; StarHealth