

HEALTH IS WEALTH EASSY

It is health that is real wealth and not pieces of gold and I silver." - Mahatma Gandhi

The greatest wealth is our own health. A healthy body can earn great wealth but, a wealthy person cannot earn great health. We live in a fast moving world where individuals have no time for themselves. Most part of the life withers away in search of materialistic wealth in order to outshine others but, en route they lose their health. People eat junk foods and other unhealthy food items just for taste. They don't even have time to nourish their bodies with the required diet. A good and balanced diet reduces the stress level and promotes healthy life without any sufferings. Thus, it stands for utmost importance to individuals to analyse the significance of a healthy body.

A healthy diet is one that helps to maintain or improve overall health. We should consume a balanced diet consisting of essential nutrition: liquids, adequate proteins, essential fatty acids, vitamins, minerals, and calories. We must eat fresh fruits, salad, green leafy vegetables, milk, egg, yoghurt, etc. on time in order to maintain a healthy body. A healthy body also needs some daily physical activities, proper rest and sleep, cleanliness, healthy environment, fresh air and water, personal hygiene, etc. Also, we should drink more water at least 7-8 glasses of water. It balances blood pressure and supplies vital nutrients very fast to the body. A fit and healthy person becomes more resistant to infections and diseases.

Wealth matters however, not as important as health. Spending lots of money on junk food in five star hotels or on other entertainment sources like watching movie for a day etc. doesn't have any benefits other than self enjoyment. Being physically and mentally healthy helps a person to be socially and financially healthy too. A healthy person becomes more active, lively and energetic and works with full efficiency however, a rich but diseased person gets easily tired and eventually losses the wealth of lifetime i.e. health.

A healthy person can earn lots of money however an unhealthy person cannot because of the lack of motivation, interest and concentration level. Money is the source to live a healthy life however good health is the source to live a happy and peaceful life. So, everyone should take much precaution in maintaining a good health. Everyone should be away from bad habits and unhealthy life style. Being healthy is not only the state of being free of disease, illness or injury but also being happy physically, mentally, socially, intellectually and financially. Good health is actual necessity of happy life and the biggest blessing from the nature.