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**COURSE TITLE:
FUNDAMENTALS OF IT**

**PROGRAMME:
INFORMATION OF
TECHNOLOGY EDUCATION**

TOPIC : HEALTH



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Health is a state
of complete
physical, mental
and social well-
being and not
merely the
absence of

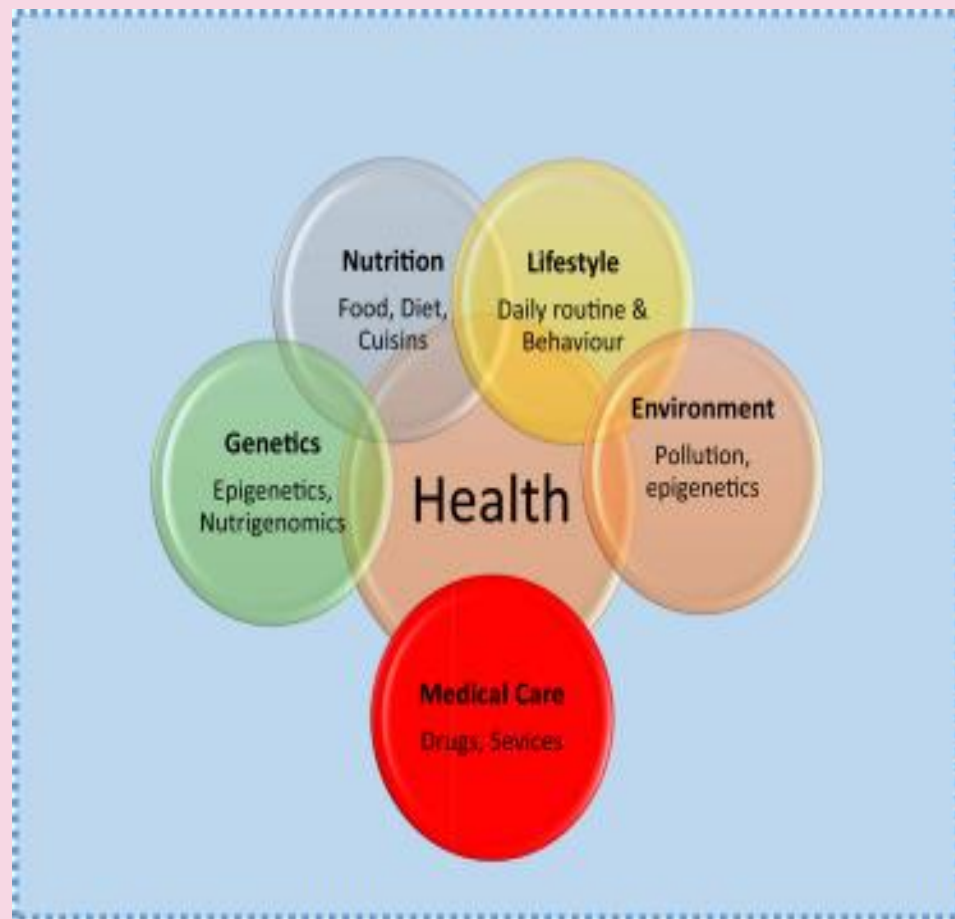
disease or

deformity(www.google.com)

Health tackle different angles considering nutrition, lifestyle, environment medical and genetics . Why is health important ?

Health is very important and some of points are listed below; Prevention of diseases is the main importance of health. Health gives us an idea on what to do such washing of hand ,brushing of teeth ,eating

uncontaminated food , drinking
uncontaminated water and
etc.This act guides , assures us
and



place a
gap between us and diseases

like cholera, malaria and many more. To be away from diseases, practice cleanliness in all our areas of life.

Related to health is high productivity and labour force([google.com](https://www.google.com)). This means that provided we have a two group one being A and B each in different company. Group A were not healthy and so their output in the company

decreased. But those in group B were very conscious of their health so they worked hard and their output was very high compared to those in group A. From this case it implies health steers labour force and enhances productivity. So it is good to take care of one's health very well so that we don't lose our job but rather improve our labour

force to a next level so that in return , allowances and salary run back to us due time.



In addition to the above, economy progresses when there is higher labour force driving productivity. Health helps speed labour force

making productivity increase. The economy also grows to higher extent when productivity is high in the business and the country as a whole.



Saving cost of treatment for hospital is another importance of health apart from the progress of the

economy. Taking one's health and doing what is aspected of us considering our health is a good thing. It spares us the cost of treating diseases. It also helps us use our money for something else rather than spending it to treat diseases created as result of not taking our health seriously.

Descending from importance of health let's ascend the ladder of ways to remain healthy.

Drinking enough water. Water they say is life so as humans we drink enough water. Scientist advised we take at least 8



bottle s of
water daily.

Water reduces or removes
toxin from the body.

Eating balance diet , adding fruit and vegetables to diet is important.It strengthens body against diseases and gives it an assurance to stand in case

diseases attack.



Eat well but before always wash your hands . Science tells us that our hands may contain germs so we should put it at

the back of head to wash our hands before eating. This act assures our safety in case sickness rise or occur.

(www.google.com) Provided the path to remain healthy is forsaken the following may occur;

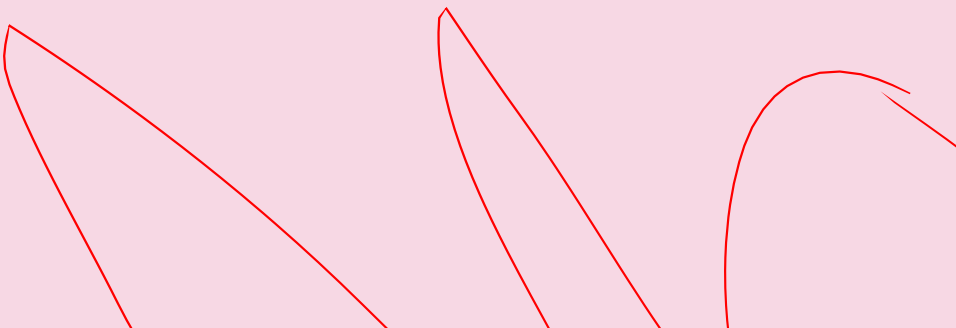
Being psychologically unfit may occur if certain procedures aren't followed . Not sleeping and eating unbalanced

diet can result in psychological problems or negative condition in mind in case certain tasks are assigned to us.

Weak immune system is dangerous. Not adhering to some principles under health can make our immune system become poor and hence the rise of diseases will have a big impact on the body and may lead to death.

Loss of job will occur if the ways to remain our healthy is not followed. A worker with poor health delivers a poor output and therefore stand the chance losing one's job permanently if the job is competitive.

Economic progress declines if labour force falls productivity also falls. Not keeping healthy





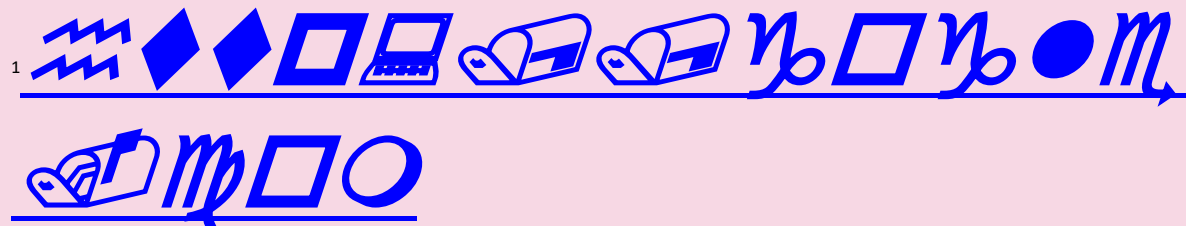
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has a
reverse or indirect effect on
our economy . The better the
status of one's health has
sharpening effect on the

economy but when it falls
economy also falls.



Finally , health is of benefit but
there are some guidelines to be
followed and one must do
them as it is. Follow the laws of
health and you will be healthy
forever.

<http://w.w.w.google.com>

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