**Health Is Our Wealth!**

**Health is Wealth: Embracing a Life of Wellness**

We all have heard that Health is Wealth. An old saying “Health is Wealth” stress that until you are healthy, nothing can equal health. It is important to remember this wisdom and return a little of our attention today as the world rushes with stress, poor diet, inactivity … This blog is all about why it is important to be healthy, what we need for a good health and how being in pink of condition really means wealth that money can’t buy.

 Health impacts all aspects of our lives. It determines whether an individual will be able to hold down a job and earn a living, and whether he or she will have a good life. That is why health is priceless.

**Physical Well-being:** Good health enables individuals to carry out their daily activities with much ease and energy. One’s body is at its peak and one does not have to worry about being sick or feeling tired. Individuals are able to exercise their hobbies and engage in work and other social activities with vigor and enthusiasm with very little or no fatigue.

**Mental Clarity :** A healthy body supports a healthy mind. Regular physical activity, a balanced diet, and adequate sleep all contribute to better mental clarity, increased mood and reduced anxiety. If we are in a state of physical, mental, and social well being we are healthy.



**Building and Maintaining Health: Practical Tips**

**Balanced Diet:**

Eat mostly fruits, vegetables, whole grains, and lean proteins — such as fish or white meat (e. pig chicken)beans and drink only small amounts of a water.

Avoid processed foods, sugar and saturated fats that can be a factor in weight gain as well as chronic diseases.

Make sure to drink plenty of H20 all day long.



**Regular Exercise:**

Strive to get along with at least 150 minutes of moderate-intensity or ensure that you are on at the very least of sixty five hundredths vigorous-depth each week.

To remain strong, supple and agile make sure that your routine is a mix of cardiovascular strength building exercises as well as flexibility work.

Walking, cycling or swimming tend to be the easiest as they are already popular but dancing for some is more entertaining and could ensure people exercise regularly.



**Adequate Sleep:**

Make sure you are going to bed 7–9 hours and getting a quality night of sleep.

Get on a regularly sleep schedule including the weekends.

Establish a regular nighttime routine to help your body chill out, and avoid screens before bedtime.

**Stress Management:**

Vice versa, to cope with stress it is recommended that you practice mindfulness and relaxation activities such as meditating or deep breathing.

Do things that you love to do, hobbies and what relaxes your mind.

A tendency to work around the clock from fear, without taking time out for yourself can lead burnout and a break down in mental health.

**Mental Health Care:**

But then do yourself the favor and take care of your mental state, another point on this list.

Reach out to friends, family or a therapist for support if you feel overwhelmed and like things are getting on top of you.

Do things that are good for your mental health such as journaling, therapy or spending time in nature.



**Healthy Relationships:**

Form encouraging and positive community partnerships — family, friends, co-workers.

Be open and honest to Initiate strong bonding Success in any relationship depends on clear communication between the two parties involved.

Thursday: surround yourself with the people who support you in being well and living a healthy life

**The Healthy Ripple Effect**

Beyond just helping us to face the world as healthy individuals, there are a number of reasons taking care of our health helps everyone in it. The Positive Ripple Effect of Good Health

**Higher Productivity:** An individual who is not unhealthy has better work ethics and overall productivity at work/school. Their drive and determination to make things done in a quick way.

**Healthier Communities:** A healthier community is more energetic and able to withstand public health threats. Citizens are better able to add value within their communities, assist others in need, and build together towards common aims.

**Economic Growth:** A healthy population is necessary for propelling economic growth. Fewer people get sick, so that there is less pressure on health-care systems and more resources to put towards development.

**Environmental health:** Good habits generally lead to greener choices such as lower meat consumption and less waste makes us healthy too, plus active transportation by foot or bicycle. So we can cause less harm to our planet.

**Multi-Generational Effects:** By demonstrating the consistent behavior of health, we can create a cycle that inspires future generations to form healthy habits in their own early lives. Giving This new proposal can create a more sustainable future for the children of our children.