Summary:

Health is wealth is a well known quote everybody knows. Nowadays our youth is becoming less healthy due to lack of physical activity. Because they don’t have any physical activities. Daily exercise is the best way of keeping yourself healthy. Students now have access to the technology like smart-phones, computers and internet so they don’t do physical activities which is making them unhealthy and weak. Mostly schools focus on only academic activities which is not good they should focus on physical activities such as sports in school which is as good as academic education.

My Experience:

In my high school, I was used to be a good student that only focuses on keeping academic record good. In order to keep my academic record excellent I used to study day and night.

I also lost my sleep for my studies. I used to have less sleep mostly 3 to 4 hours a day. Which affected my health very badly and I got sick. Then I realized that I am not doing good with myself. My Doctor also advised me to do physical activities such as playing sports and also sleeping very well.

After doing all these physical activities my health and my mind did a good job and I became healthy, active and more energetic and also performed good at school.

Essay:

A sound body has sound mind. A sound body and sound mind is only possible when you have good physical and mental activities. Good physical activities like exercising and sports not only helps you in your better physical health but also adis in your good mental health.

Unfortunately the new generation lacks good physical and mental health due to their introduction to the technology like smartphones, computers. Students spends most of their time on them and are unable to Perform physical activities. Onlines classes are in one way more convienient But in other way students losing their abilities and health and their focus.

Many schools focus on students physical activities like games and gym etc at school which is good. But most students dont have access to it. Those students that doing exercises are more healthy and performing well than others.

Many writers wrote a lot books which also helped a lot in bringing good physical health and performance. Physical education is as important as reading and writing. Money is also a problem for many students around the world which stops them from doing physical activities. But schools should help them by doing and engaging school activities.