

Why

# ◆ Health ◆

What

● Sustenance ●

Who

■ Sustainer ■

To make Health better, sustain the Body.  
(As the Body's Needs give the Instincts to Live.)

## Primes of Health

● Inmost ●

● Foremost ●

● Utmost ●

How

## Sustain

Here is how to sustain the Health of the Body:

### **Increase your Strength.**

So, breathe deeply.

Clean thoroughly.

Drink water. Eat healthfully.

Exercise harder. Sleep restfully.

### **Refine your Wealth.**

So, straighten your posture. Dress yourself well.

Sort out your tools. Care for your home.

Explore the settlements of People.

And explore the environments of Nature.

### **Raise your Security.**

So, practice self-defence and practice protection of others.

Sharpen your senses. Coordinate your body.

Then welcome strangers and the adventures of travel.

Finally, have some Sun.