‘Health is Wealth’ is a very important proverb. We should always remember this, and it should be our mantra in life. True wealth is our health and not money or properties. We may be extremely rich, have a good job or business, and own huge houses and lands, but all of it becomes meaningless if we don’t have good health. Only if we are fit and healthy can we enjoy life. Good health helps us make efforts and work hard. We can also help others. For all aspects of life, we need to stay healthy.

Staying healthy means being both physically and mentally fit. To stay physically fit, we must exercise and remain physically active. To stay mentally healthy, we should meditate and think positively in every situation. Our food habits also play a very important role in maintaining good health. We should eat fresh fruits and vegetables. Drinking adequate water is also very important. It will strengthen our immunity and make us strong. We should avoid packaged foods. They are loaded with chemicals. We should also avoid junk food. They do not give us any nutrition and cause health problems like diabetes and obesity. Instead, we must eat homemade food full of nutrition. They are always wholesome and hygienic and help us remain fit and healthy.

Health is similar to money, in the sense that we understand the true value of it only after we lose it. We can’t get back the money once lost. Luckily, we can get back our health if we work on it. We have to make an effort to stay healthy. Being active is very important. It is also important that we rest, but laziness is our enemy. So we should know when we are resting or relaxing and when we are being lazy. We need a sound sleep for 7-8 hours every night, preferably at a fixed time. Spending too much time on phones or any other gadget is also not good for our health. Sitting in front of a screen will affect both our body and mind negatively. So, it is important that we limit the use of gadgets and instead play outdoor games with our friends under the open skies. The refreshing fresh air and physical activity act as a treat for our mind and body.