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Definition essay final draft

Health is wealth. Must be remembered, a good health values everyone. Most often, we think food, shelter and, clothes are necessities for our life. Although this may be true, but I think good health plays a vital role without which things are meaningless. A healthy lifestyle is a valuable asset for individual, family, and society. However, good health is not possible mainly through sufficient health facilities, but it also depends on individual eating habits, exercise, environment, and society. A nation needs healthy human resources to be productive and wealthy. I define health as, to be physically fit, mentally alert and socially active which individual can achieve through sleep, balanced diet, exercise and education and have a mutual relationship with familial and societal lifestyles and decision.

At first, one of the element of good health for the individual is sleep. Our body gets tired of performing various activities throughout the day. To maintain proper functioning of different organs and parts of the body, rest is required. Average sleep time varies on individual lifestyles, but good sleep is beneficial for good health. Parents having kids get less sleep than others and lack of sleeping makes driving dangerous due to distraction, and cause an accident. To increase longevity and to be healthy, enough sleep is necessary.

However, balanced diet is equally important to be a healthy individual. Eating too much or too little is an unhealthy habit. Consumption of high fat and sugary foods results in weight gain which causes obesity. As a result, more people will die of obesity rather than starvation (*Fed Up).* The reason is clear, overweight cause heart diseases, diabetics, kidney problem, and high blood pressure. Everyone needs to make a smart choice while selecting food items. For instance, drink water instead of soft drink to quench thirst. Healthy food selection does not need more effort, it can be achieved by buying more fresh fruits and vegetables. Food containing high protein and fiber in the diet is important for digestion. Cooking food at home is healthier than eating high calories foods in fast food restaurants. Eating together with family strengthen mutual relationship which is required to maintain the healthy mind.

Exercise also plays a key role in our health. Without exercise our body becomes inactive. Exercise improves blood circulation and relaxes muscles. Nowadays, kids spend more time watching TV and playing video games which hinders their physical exercise. While watching TV, kids also view food commercial, as a result kids will eat more food because of food desire, which cause them obese (*Fed Up*). Lack of physical exercise causes obesity and other mental health issues. As shown in “Fed Up” obese children fetch bullying, which hampers the children mentality directly or indirectly. However, encouraging kids to play outdoor helps then to be active and to be sociable. Additionally, exercising increases the coordination between body and mind and also, burns calories and maintain proper health.

Family food trends and education plays the crucial factors in familiar health. Family lure by value meal advertisement takes the family to the fast food restaurant. Eventually, eat together delicious meals, but they forget to realize the fact that healthier food can be bought with same money they spent (Fed Up). Preparing food at home is time-consuming and need to manage recipes, but prepared food is healthy and delicious. Cooking at home with family not only prepare a healthy meal, also develops a healthy relationship which is good for mental health. I grew up in the family where rice is the main dish. I don’t have an idea whether it is the best selection I have or not. I eat rice because my parents feed me with it. Now, I know white rice contain sugar which is not good for my health. My parents did not realize that due to illiteracy. My family usually cook at home and prepare meals for everyone in the family. My family loves to eat spicy food and also two heavy meal a day. There is no problem with obesity in our family, but due to eating heavy meal cause heartburn. We eat spicy food consisting of spinach, beans, pickle, and rice. Fat people are not born to be fat and skinny people are not born to be slim. To change our body, we need to change our mind during the time we take something to our mouth. Family intervention on children eating behavior helps to control overweight. Education in the family plays an important role regarding vaccination and other health hazards in children. Also, education on nutrition facts and healthy food drive towards healthy eating in the family.

On another spectrum, society is considered healthy if they have enough resources necessary for care and cure and also positive attitude towards everyone’s health. One bad decision in our society cost health of many people. For example, soda is considered as cigarette of the twenty-first century, but not treated in the same way by our government (Fed Up). Lack of warning and calories on soda label doesn't give any information to the public, making them choose more soda drink. The healthy society is only possible if they have healthy individual (Feldheim 428*+*). The Societal decision on health depends on where people were born, grown, lived, worked and age, including health system (Feldheim 428*+*). The quality of life is determined by socioeconomic and political context. For example, Brush administration stop World Health Organization from fighting obesity, and daily calories recommendation coming from sugar was deleted from the report. To keep the business of sugar industry policies maker makes the worst decision on our health. Now American is fighting for obesity more than another country (Fed up). Clean drinking water, fresh air and affordable healthcare system in a community are required for healthy society. In the same way, love, affection, and respect in various parts of community strengthen mental health in our society. Society ruin by the epidemic of drug, starvation, malnutrition and other diseases spend time -fighting for the cure and fall behind the development socially. Lack of hospital and doctors increase the mortality rate. Community nurses play the significant role in educating patients about prevention of bacterial infection, promoting vaccinations to minimize their exposure to infection, and hygiene (while 344-347). If society is unhealthy, able manpower cannot be produced to develop a nation. The first thing to remember, to develop healthy human resources for the wealthy nation and to raise the living standard of civil, society needs to be healthy.

So health is single most prerequisite or essential feature of mankind to build wealthy individual, family, and society. There is always coordination between individual, familial and societal health. Setting up the goal to eat healthy food, exercising, sleeping and controlling stress leads to good health. Everyone should use available health resources wisely and effectively. Family and society are healthy if an individual is healthy. Without good health, an individual is inactive, mentally distracted and passive.

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