EFFECTS OF PERSONAL HEALTH

1. **Less fatigue:** A healthy person exercises always and is fit for stressful conditions.

2. **Strenght:** When eating healthy, a person gets all the nutrients to grow strong.

3. **Energetic:** due to the various activities engaged in by a healthy person, they always have energy.

4. **Good immune system:** A healthy person has a very good immune system, so they hardly fall sick.

5. **Cleanliness:** Personal health helps you live a healthy life style.

6. **Emotional Stability:** A healthy person is emotionally stable at all times.

7. **Fit:** A healthy person is able to carryout daily activities without getting tired.