

Paragraph on Health is Wealth for Students

Description



Paragraph on Health is Wealth

Short Paragraph on Health is Wealth (100 Words) for Class 1, 2, 3, 4

Health is the biggest wealth for a human. If someone has a sick body with lots of money, he can't enjoy his life. That proves that health is more important than money. That's why we all need to focus on getting better health conditions. We can keep ourselves healthy and fine following some basic rules. First of all, we need to know what should we eat and what shouldn't. We need to drink a proper amount of pure water. Physical exercises will boost your cardiac power. So it's better for us to focus on our health from student life.

Paragraph on Health is Wealth (150 Words) for Class 5, 6, 7

Everyone need to aware of their health. Health is the biggest asset in our life. We can't enjoy lots of money and a good life if you have not good health. That's why whatever you do; you need to take care of your health besides this. To become

healthy you need to follow some rules and regulations. These are not too hard and either not so easy. By following these rules, we can skip almost every sickness and physical problem.

When you have got sound health, you will feel happy mentally. A bad health situation will make a bad impact on your mind too. You won't be able to focus on your studies or work. It will ruin your future. That's why we still have time to take care of our health. Let eat good food with proper [food habit](#) and do some physical exercises to keep our body fit.

Health is Wealth Paragraph (200 Words) for Class 8, 9, 10

Health is wealth and it's true. A man with lots of wealth can't enjoy his life if he is not healthy. Money can't buy happiness when you are not healthy. That's why we all need to focus on our health to get better. If a student gets sick before his exam then all hard work and study won't help him to pass the exam. In that case, you need to take care of your health from the very beginning. There are lots of [rules of good health](#) that we need to know and learn. If someone follows these rules, then they will be able to get better health.

First of all, when we start our day in the morning, we need to [wake up early](#). Then you should go for a morning walk. [A morning walk](#) will help you to start a fresh day. You will feel fit and fine for the rest of the day. If you do some [physical exercises](#), then it is a lot better. Then you have to take breakfast with some fat-free food. Try to keep eggs and milk in the morning meal. That will give you energy. Overall health is the most important wealth in our life.

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- [A Firefighter Paragraph](#)
- [My Reading Room Paragraph](#)
- [Paragraph on Christmas Festival](#)

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- [Pleasure of Reading Paragraph](#)
- [Rules of Good Health Paragraph](#)
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