

Short Paragraph on Health is Wealth for Students

Description

Short Paragraph on Health is Wealth in 200 Words

'[Health is Wealth](#)' is a very popular quote. There is another saying that a healthy body has a healthy mind too. That's why we need to ensure good health. We might gain lots of money, property in our life, but if you don't have good health you can't enjoy them at all.

Health is a thing that you can't neglect anytime. If you don't take care of your health, you will face trouble in the future. You won't be able to live a happy life. You will end with different types of diseases and health issues in old age. That's why we need to be conscious of this.

There are lots of [rules for good health](#). If we follow these rules, then it will be easier for us to maintain a sound body. First of all, we need to get up [early in the morning](#), that's the first rule. If possible go for a [morning walk](#) or do some [physical exercises](#). Your food habit has huge importance in your health. If you eat [junk food](#) too much, you will face different types of health problems. We all need to avoid every type of junk food to get rid of [food adulteration](#). You need to add more fruits and vegetables in the food list.



Short Paragraph on Health is Wealth

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