

Class 3 - English

Writing Skills - Paragraph Writing (Write this paragraph neatly in your English C.W. Copy)

Health is Wealth

Our good health is God's gift to us. Health is wealth because it is the most important asset in our life. There is an old saying that, 'Healthy mind stays in a healthy body.' The current pandemic has threatened the overall health of people. Health refers to both the physical and the mental state of human beings. So we should take care of both our physical and mental health. To maintain good health we must follow a healthy lifestyle. Healthy food, regular exercise and proper hygiene help us to stay healthy. We should also stay away from junk food and keep our surroundings clean to stay away from diseases. Your healthy diet and regular exercise will be completely useless if you live in an unhealthy environment. Keeping fit and healthy is not an option but a necessity. So, health has more value than other materialistic (things which money can buy) things.