

Vidya Bhawan Balika Vidyapeeth, lkr

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Health and fitness

Health is a very important aspect of everyone's life. Nothing is more important to a human being than health and fitness. Healthy and fit people really enjoy their lives with great joy and peace. An unhealthy person cannot enjoy life to the fullest.

He cannot enjoy eating, watching sports, or other luxuries of life. It has been said by our elders that health is wealth. To maintain good health, we must take proper care of hygiene and cleanliness around us. We have to eat healthy and complete food in a timely manner.

We should eat green and fresh vegetables, milk, fresh fruit, eggs, etc. Our body needs adequate amounts of protein, minerals, and vitamins on a daily basis to stay fit and healthy. This can be done With healthy eating and physical activities, maintaining hygiene in our home and surrounding areas including our personal hygiene.

Maintenance of physical and mental fitness is very important for a person who wants success and becomes best in society. Regarding health and fitness, it has been said by Buddha that, "It is a duty to keep the body for good health, otherwise we will not be able to keep our mind strong and clear".

H.W write and remember it.

By Sanjeev Kumar