



**“Health is the greatest of human blessings”
Hippocrates**

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 Health is the greatest wealth. I'm absolutely convinced that good health is a great blessing. I must admit that when we are young and strong and have good health, we think little about it.

Healthy lifestyle and healthy food is the only way to stay healthy. We know that we should not eat fast food, sweets, sausages, pastry and fat food. Due to medical research, this type of food shortens our life; it leads to many problems and lots of other serious ailments. To prevent all these problems we should enjoy well-balanced home-made meals with a lot of organic fruits, vegetables, dairy products, grains and seafood. We are what we eat.

Keeping fit and going in for sports is also important for our health. Lack of exercise in our life is a serious problem. In big cities people spend hours sitting in front of computers, TV-sets and other gadgets. People walk less because they mainly use cars and public transport. Doctors say that regular moderate physical activity is necessary for our body because it protects us from strokes and heart diseases, flu and obesity.

We must understand the harm of bad habits for our health. Smoking, drinking or taking drugs mean serious illnesses. So I think there is no place for bad habits in a healthy way of life.

Healthy way of life concerns our body, mind and soul. It goes without saying that healthy people live longer, they are more successful and they enjoy their life. I believe that it's not difficult at all to follow these simple rules.