

# **Student Essay on How to Stay Healthy**

## **How to Stay Healthy**

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# Contents

<a href="#">Student Essay on How to Stay Healthy.....</a>	<a href="#">1</a>
<a href="#">Contents.....</a>	<a href="#">2</a>
<a href="#">Essay.....</a>	<a href="#">3</a>

# Essay

It is very good to be healthy. Health is a big and many-sided area of human life. I think that among all questions related to the human's body, the health must overcome all other aspects and become the main reference point for finding the answers. But in practice it is not always so, and very often people may harm themselves even knowing that they are doing something wrong. There are some simple advices, which will help you to save your health, and to stay healthy you should follow them.

It is important for all of us to stay in good health. At first, remember that the rational nutrition plays here significant role. The every day food is supporting our bodies. Thus, it is very important for health to give for body all it needs with meal. Natural vitamins could be a good solution here. There are a lot of high-quality vitamins in fresh greens, and non-polluted vegetables. So, you should have them in your every day ration. They are useful for adults, as well as for children. If you will not eat any vitamins then your organism will be weak, and you can easily get sick.

Second important thing you should do is to go in for sport. It is not necessary must be a kind of professional sport; you just need to spend more time outside and lead an active way of life. That helps in very big degree to keep our body strong and healthy, and mind fresh. When you will not go in sport you can get an obesity that is very bad for the health.

Yet another thing that you should better avoid is smoking and drinking. If you are ignoring my advice, then you are going to be in big troubles. In this way you will destroy your health.

I believe that health is very important for you. It is really easy to destroy it, but then it is very hard, and sometimes even impossible, to rebuild it. So, that will be wise to take care about your health today. People have free will to make the choice in favor of health.