

Student Essay on What Health Means to Me

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Essay

What Health Means To Me

Health: n. The state of being hale, sound, or whole, in body, mind, or soul; especially, the state of being free from physical disease or pain.

By definition, health is the state of your body, mind and soul. But how many people really care about their health? I think it is getting to be a big problem in our country today. Nearly two out of three Americans are either overweight or obese. This impacts not only our quality of life now, but how about the kids, which are suppose to be the future? Statistics show that if you're an obese child today, you have an 80 percent chance of being an obese adult in the near future. Not only does obesity not "fit the normal persona," it can seriously impact your life. Obesity can lead to heart disease, stroke, cancer and diabetes, and a diminished quality of life. Why would anyone want to live like that? It boggles my mind that over 300,000 people die each year in the United States alone from complications of obesity.

To conclude, I think more people should be aware of their health and how there body looks and feels. Being overweight or obese is not something to be proud of, and should be taken care of by eating a proper diet, and getting some exercise.