

Paragraph on How to Keep Fit

Question:

What is hope?

What are the benefits of keeping your health fit?

what are the rules of health in order to keep fit?

What do you possess if you keep fit?

What do you lead a sound mind?

How do you pass your pastime?

Answer: 'He who has wealth has hope, and he who has hope has everything.' As long as we are fit, we enjoy life. If otherwise, we are damned. Money and materials, friends, and fun turn meaningless. keeping oneself fit is not very easy. The skills of keeping fit have to be acquired. To keep fit, a person has to follow the rules of health. He has to eat a balanced diet, which can fulfill the nutritional needs of the body. We must take physical exercise regularly, which will ensure the proper cardio-vascular system of the body. We must also follow the rules of cleanliness in all lifestyles. Besides, we must not neglect our sleep and rest. To keep fit we must possess a sound mind in a sound body. For a sound mind, we must lead a routine and disciplined life, free from worries and anxieties. Besides, we must have some pastimes like gardening, reading books, watching TV, etc. A social visit can be of great help in this regard. 'Heath lies in labor and there is no royal road to achieve it but through toil.'

Or,

How to Stay Healthy/Keep Fit

Health is wealth. It is the root of all happiness. So, it is essential for everybody to stay healthy. But without following some

rules of health, none can stay healthy. If you want to stay healthy, you must abide by some rules. Keep your body neat and clean. Wash your hands and face with soap before taking a meal. Eat a balanced diet because it contains all kinds of food value. Drink plenty of water. Take physical exercise regularly. It is necessary to rise early in the morning and go to bed early at night. Remember you should take plenty of rest and adequate sleep.

Or,

How to Keep Fit

There is a well-known proverb that 'Health is wealth.' Here, good health means soundness of the body as well as a quiet mind. It is the root of all happiness. A healthy body is free from all types of diseases. If someone wants to keep himself fit, he has to follow the rules of health and sanitation. Firstly, he has to take a balanced diet moderately in his everyday meals. It bears all the food value. Nutritious foods like milk, fish, eggs, fruits, vegetables, etc. are compulsory for him in his food items. Besides it, he has to drink enough water because water is very important for our health. Our kidneys cannot continue their work without water. Similarly, water helps to digest food, control the heat and keep the blood healthy. Before taking water he has to boil or filter or remove the harmful germs from it. Proper sleep and taking rest are also necessary for him. So he has to go to bed early at night and rise early in the morning. Physical fitness is the most important form for him. So, in order to keep physical fitness, he is to take physical exercise. Physical exercise keeps him fit for work and makes him active beside energetic. Cleanliness is another point for physical fitness. So, he should take a bath every day and keep his environment neat and clean. After following the rules and regulations about health anyone can keep him physically fit.