

Paragraph On How to Maintain Good Health in Daily Life

Question: Write a paragraph by answering the following question on 'How to maintain Good Health'.

What should we do to maintain good health?

Why should we eat to have good health?

Which rules should we follow to be healthy?

When should we rise in the morning?

What does a balanced diet include?

Answer: To maintain good health, we have to think about several things. First of all, we have to a balanced diet including nutritious food. Then we must exercise regularly to keep our body fit for work. Cleanliness is also an important precondition of good health. So we all should be aware of and follow the rules of cleanliness. Besides, we should practice the habit of going to bed early at night and rising early in the morning. With all these, we should also try to maintain peace of mind and should not be worried about the small things of life. Thus, we can maintain good health.