

Paragraph on Keeping Good Health

Question: Write a paragraph about 'Keeping Good Health' by answering the questions below.

What do you mean by good health?

How can one keep good health?

Do all people of our country get the necessary things for keeping good health?

How much are people aware of health rules?

What is most important for sound health?

Answer: Good health means a sound state of both body and mind. A healthy man can enjoy his life. Health is the root of all happiness. But one can not enjoy good health without taking much care of his body and mind. To enjoy good health one must take plenty of exercise. Eating a balanced diet is another precondition for keeping good health. Our mind or psychological condition has a role in our physical health. People who are always under mental stress and suffer from anxiety can not enjoy good health. So, to enjoy good health it is also necessary to keep our mind sound. Doctors say that simple and carefree life is more conducive to health. Many people, however, are not aware of health rules. They neither take physical exercise nor take proper food. On the other hand, a huge number of people in our country live below the poverty line. They have no access to good food, pure drinking water, medical facilities, etc. But of course, there are people who are very conscious about maintaining rules of health. In fact, awareness about health rules and maintaining them are the most important criteria for any individual to enjoy a sound body and a sound mind,