



Keeping healthy

Prevention is better than cure. There are some healthy habits that lead to a healthy life. To be healthy, you have to eat healthy food. It is important to do a regular exercise. Having enough amount of sleep is a must. You have to get vaccinated to avoid the fatal diseases.

On the other hand, there are some bad habits that lead to illness. Eating too much fast-food leads to obesity. Staying up late at night can affect the brain badly. It is easy to catch an infection when you share others' tools. When you bite your nails, you enable germs to enter your mouth. Smoking is one of the most dangerous bad habits that leads to a lot of diseases. Finally, health is like money, we never have a true idea of its value until we lose it.