

# PROVIDENCE ENGLISH PRIVATE SCHOOL HEALTH EDUCATION



# Health is Wealth

- **Introduction**
- **Definition**
- **Healthy habits**
- **Conclusion**

## Introduction

As an old saying says, “money cant buy happiness”, it cant buy health either. An healthy person only can be happy.



We strongly says that HEALTH IS WEALTH. Now, lets start this presentation thanking the Lord almighty for creating us like this.

# Definition

## Health

WHO defines Health as a complete physical, mental and social well being and not merely the absence of disease or infirmity.

## Wealth

An abundance of valuable material possessions or riches.

An healthy person can work efficiently to earn. While, a sick person spends a lot on medicines and treatment.

## Healthy Habits

A famous Turkish proverb says “health is better than wealth”. Lets see some habits to stay healthy and thereby wealthy.

- Eat healthy food
- Exercises
- Drink clean water
- Personal hygiene
- Mental hygiene



## Eat healthy food

Eating healthy foods doesn't means consuming more non vegetarian food items or avoiding junk foods. It includes consuming fruits, vegetables, meats and fishes, eggs, diary products etc daily in a balanced proportion. Always consume foods rich in nutrient like carbohydrate, proteins, fats, vitamins and mineral.



- Carbohydrate rich food items



## Fat rich foods





## Protein rich foods





## Vitamin and mineral rich foods



# Avoid junk foods



## Exercises

“All work and no play make  
Jack a dull boy”.





## Drink clean water

Drinking clean water keeps you healthy. It increases the rate of metabolism and helps you excrete toxins and wastes.





## Personal Hygiene

Cleanliness is the doorway to health.

- Brush your teeth twice in a day
- Bath twice a day



- **Change clothes twice daily**



- **Wash hands before and after having food and after using wash room, use Soap and Sanitizer**



- **Cut your nails**



## Mental hygiene and harmony

“Sound body has a sound mind.” Always keep your mind clean and innocent. Restrain yourselves from jealousy and envy. Refresh your mind by praying, gardening, listening to music etc. Most important thing in keeping your mind healthy is having a sound sleep.







Download from  
Dreamstime.com  
This watermarked comp image is for previewing purposes only.

ID: 12473967

© Petr Jilek | Dreamstime.com







## Conclusion

**Take care of your body, it's the only place you have to live in.**



# Thank You