# PROVIDENCE ENGLISH PRIVATE SCHOOL HEALTH EDUCATION



Providence English School - Health is Wealth

### 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**







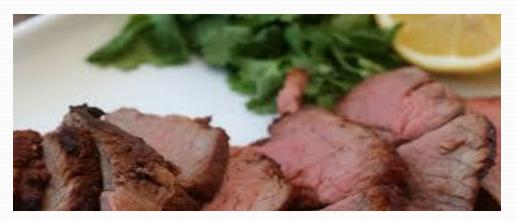
#### **Protein rich foods**











#### 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.







#### <u>Personal Hygiene</u> Cleanliness is the doorway to

health.

Brush your teeth twice in 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



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#### 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.



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#### **Conclusion**

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

# Thank You