Health and healthy mind (How do you ensure a long life?

Introduction: Health is better than wealth...
Body: **1-** eating healthy food and following a balanced diet... vegetables, fruits, dates. Homemade **2-** How can we make our minds flexible? Reading a book crossword puzzle play chess.
Conclusion: So, we must be aware of the importance of healthy habits and leading a healthy life style.

"Health is better than wealth." This is a very old proverb. It means that there is nothing better than good health and nothing worse than bad health. As we know that we can't separate healthy body from healthy mind as they are interrelated together .

Healthy body and being physically healthy comes from eating healthy food and following a balanced diet ˋsuch as vegetables, fruit, dates, fish and avoiding unhealthy or junk food. In my opinion, we should drink more water and milk. Also, we should do exercises to make our bodies fit and strong. Indeed, we can avoid so many diseases by applying a healthy life style.

How can we make our minds flexible? It is very important to relax our minds. Reading a book or doing a crossword puzzle exercise is a useful way to exercise our minds and help to keep us mentally fit. Moreover, we may play chess, and of course recite the Holy Quran.

Medical advances and great improvements in medicine play a vital role in keeping us healthy and in helping people live longer lives. They, also, help to cure from fatal diseases.

As you know, early to bed, early to rise makes you healthy, wealthy and wise. So, we must be aware of the importance of adopting healthy habits and leading a healthy life style.