

# Healthy Body & Healthy Mind

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• <b>Introduction</b>	<ul style="list-style-type: none"> <li>• Importance of healthy life style.</li> <li>• Main factors affecting healthy life syle.</li> </ul>
• <b>Body</b>	<p>➤ <b>P.1</b> : How to maintain a healthy body.</p> <ul style="list-style-type: none"> <li>▪ First</li> <li>▪ Second</li> <li>▪ Third</li> </ul> <p>➤ <b>P.2</b> : How to maintain a healthy mind.</p> <ul style="list-style-type: none"> <li>▪ First</li> <li>▪ Second</li> <li>▪ Third</li> </ul>
• <b>Conclusion</b>	<ul style="list-style-type: none"> <li>• The need to preserve our minds and bodies to enjoy life.</li> </ul>

1. A healthy lifestyle is important because it can help us to avoid the disease , it helps us enjoy out life , it keeps our body in good condition in order to do day-to-day tasks. In order to have a healthy lifestyle we must have 2 main factors : a healthy body and a healthy mind. I will discuss these 2 points in the next two paragraphs .
2. **For a healthy body** , **First** , it is important to have healthy food with less fats. Avoid eating junk food. Your daily diet should contain food which has more nutrients. Try to include fresh vegetables, fruits, milk, and fish in your daily diet. Drink more and more of water. **Second** , Regular exercise will also keep your body in good health. Walking is a very useful sport, especially for the elderly. **Third** , Stop smoking and alcohol because it leads to the destruction of health.
3. **For a healthy mind** , **First** , we must have a healthy body "Healthy mind in healthy body ." . **Second** , we must have enough sleep. It leads to a good memory, keep fit and avoid mistakes in work. **Third** , We should exercise our minds . This can be done by reading books , playing chess, Solving puzzles and of course reading the Holy Quran.
4. **Finally, I can clearly say that** "Health is better than wealth". In order to enjoy life, we must maintain a healthy body and mind.