

Health Is...

Some people think health is fitness, eating healthy foods, or even being spiritually healthy. According to the dictionary health is “the state of being free from illness or injury.” There are many views on health, but I believe health is all of these things combined. If one of these areas is out of balance in someone’s life they are not healthy to a full extent. It is like losing a piece to a puzzle, but if you find that piece, the puzzle is beautiful.

Keeping healthy is very important in life. If you make staying active a priority it can help keep your fitness up, but that is only one piece of the puzzle. Other parts of the puzzle include eating healthy foods which can allow you to keep active. Without one of the pieces, being spiritually healthy, not all of the major parts of “health” could fit together. You need support, love, and someone to talk to be spiritually healthy. If you aren’t healthy in all of these ways you are missing out on opportunities that you would have had access to with full health. Make being healthy fun and remember, keep it up and enjoy a healthy life!