

# HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



## Health Quotes

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

*World Health Organization, 1948*

In order to change we must be sick and tired of being sick and tired.

*Author Unknown*

He who takes medicine and neglects to diet wastes the skill of his doctors.

*Chinese Proverb*

If I'd known I was going to live so long, I'd have taken better care of myself.

*Leon Eldred*

A good laugh and a long sleep are the best cures in the doctor's book.

*Irish Proverb*

Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.

*B.K.S. Lyengar*

Health and cheerfulness naturally beget each other.

*Joseph Addison*

Life is not merely to be alive, but to be well.

*Marcus Valerius Martial*

Live in rooms full of light  
Avoid heavy food

Be moderate in the drinking  
of wine

Take massage, baths, exercise,  
and gymnastics

Fight insomnia with gentle rocking  
or the sound of running water

Change surroundings and  
take long journeys

Strictly avoid frightening ideas  
Indulge in cheerful conversation  
and amusements

Listen to music.

*A. Cornelius Celsus*

He who has health has hope; and he who has hope has everything.

*Arabic Proverb*

The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.

These six will gladly you attend  
If only you are willing

Your mind they'll ease

Your will they'll mend

And charge you not a shilling.

*Nursery rhyme quoted by  
Wayne Fields,*

*What the River Knows, 1990*

"It is health that is real wealth and not pieces of gold and silver."

*Gandhi*

"To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."

*William Londen*

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

*Spanish Proverb*

"In health there is freedom. Health is the first of all liberties."

*Henri Frederic Amiel*

"A man's health can be judged by which he takes two at a time — pills or stairs."

*Joan Welsh*

"Early to bed, early to rise, makes a man healthy, wealthy and wise."

*Benjamin Franklin*

"Age does not depend upon years, but upon temperament and health. Some men are born old, and some never grow so."

*Tyron Edwards*

While we may not be able to control all that happens to us, we can control what happens inside us.

*Ben Franklin*

"Every human being is the author of his own health or disease."

*Buddha*