

Health is better wealth



Key words and phrases

To be

- Healthy
- Cheerful
- Well
- A vegetarian
- On a diet

To have

- Inner peace
- A good rest
- a positive attitude
- Stability
- Good sleep
- Happiness
- A good self image

To keep

- Fit
- In a good health
- Oneself clean
- The world clean

To eat

- Fruits and vegetables
- Healthy food



Health?! What does it mean?

Health

- Spiritual
- Emotional
- Mental
- Social
- physical



Playing with fire

- Smokers are more likely to get cold and the flu than non-smokers
- Nicotine is more addictive than most illegal drugs
- Tobacco kills more Americans each year than alcohol, illegal drugs, murderers and AIDS combined



- "Smoking is disgusting. I don't understand why people smoke..." Elizabeth T. 18
- " If people want to smoke, then it's their personal decision. Most people are aware of the health risks " Jennifer,19

To be healthy you are to know some tips:

- If you want to live to 100 you should keep fit and eat healthy food
- To be healthy means to eat different fruit and vegetables
- To be well means to be spiritually, mentally, physically healthy
- If you want to keep in good health don't keep negative feelings. Try to develop positive feelings.