

Name: _____

Hour: _____

Grammar Ditto

MUG SHOT PARAGRAPHS 70

Health Is More Than Not Being Sick

Would you like to be the kind of person which feels good physically have a realistic outlook on life and gets along good with other people. This is the description of a truly healthful person. The 1st step in achieving true health is to learn yourself about the human body and it's functions. Than you can figure out what will help or hurt your health. Good health is not only fisical (nutrition exercise, rest and sleep, cleanliness medical care) but also mental. Having low self esteem and holding grudges or prejudices against others effects mental health. In fact, respecting yourself and others, is one of the big keys to feeling great and doing good in every area of you're life.



tally box: #wrong 20

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