

# GOOD HEALTH

## What Is Good Health?

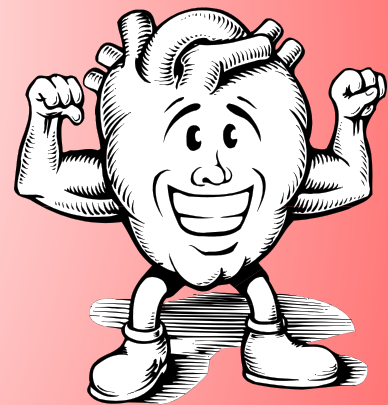


Harmony of Body, Mind & Spirit  
is Good Health



### Good health through the Body

- Eat healthy foods
- Get enough rest and sleep
- ← Do regular exercise



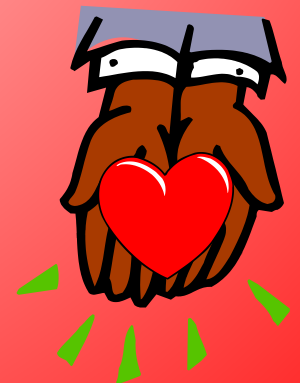
### Good health through the Mind

- Remove evil thoughts like greed, hatred & jealousy
- Develop pure thoughts, be positive & self-confident
- ← Follow good leaders



### Good health through the Spirit

- ← Have inspirational thoughts
- Be kind hearted and giving
- Develop self-discipline and charity



"Health is the greatest gift, contentment the greatest wealth ..."