17 Health is Wealth

People doing things for enjoyment when they are not working is recreation. There are many enjoyable activities which can be pursued to remain fit and healthy.

Some Healthy Recreation For You

You can enjoy the following recreations activities when you have spare time :



What healthy recreation can do for you?

- Jogging is the activity of running slowly and steadily that exercises the whole body.
- Yoga is a system of exercises for your body and for controlling your breathing, used by people who want to be fit or to relax.
- Swimming is a good exercise for overall health of a person.
- Cycling is an eco-friendly means of travel that exercises the heart better than walking.
- Playing outdoor games keeps you fit and active.
- Brisk walking will keep you fit and healthy.
- Working out at the gym makes you physically strong.
- Meditation helps in cultivating power of concentration. It is also good for mental relaxation and balance.

Put a tick (✓) for a good habit or cross (✗) for a wrong one :

1. You should not watch TV while eating your meals. ☐
2. You should ride your bicycle on the public footpath. ☐
3. You should practice yoga and meditation for attaining peace and concentration in your life. ☐
4. You should have a heavy meal before working out at the gym. ☐
5. You should talk on your mobile phone or listen to your ipod while cycling. ☐

LIVEWORKSHEETS