**Quotes on Healthy Living**

A good laugh and a long sleep are the best cures in the doctor’s book. — Irish Proverb

A healthy attitude is contagious but don’t wait to catch it from others. Be a carrier.—Tom Stoppard

A sad soul can kill you quicker than a germ. —John Steinbeck

Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life. —Marilu Henner

Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.—Joseph Addison

Early to bed and early to rise makes a man healthy, wealthy and wise. —Benjamin Franklin

Every living cell in your body is made from the food you eat. If you consistently eat junk food then you’ll have a junk body. —Jeanette Jenkins

Fast food is popular because it’s convenient, it’s cheap, and it tastes good. But the real cost of eating fast food never appears on the menu. —Eric Schlosser

Fitness starts at home. What you eat is what you will look, just as what you sow is what you reap. Eat good food: eat fruits, vegetables, healthy grains, and don’t go for sweet and trite food. —Rakul Preet Singh

Good health is not something we can buy. However, it can be an extremely valuable savings account. — Anne Wilson Schaef

Happiness is nothing more than good health and a bad memory. —Albert Schweitzer

He who has health has hope, and he who has hope has everything. —Arabian proverb

Health and cheerfulness naturally beget each other. —Joseph Addison

Health is the condition of wisdom, and the sign is cheerfulness, an open and noble temper. —Ralph Waldo Emerson

I believe that the greatest gift you can give your family and the world is a healthy you. —Joyce Meyer

If you don’t do what’s best for your body, you’re the one who comes up on the short end. —Julius Erving

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want. —Elbert Hubbard

It is amazing how much crisper the general experience of life becomes when your body is given a chance to develop a little strength. —Frank Duff

It is health that is real wealth, and not pieces of gold and silver. —Mahatma Gandhi

It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient. —Daniel Kahneman

Joy, temperance, and repose, slam the door on the doctor’s nose. —Henry Wadsworth Longfellow

Keep looking up! Learn from the past, dream about the future, and look up. There’s nothing like a beautiful sunset to end a healthy day. —Rachel Boston

Know, then, whatever cheerful and serene supports the mind, supports the body too. —John Armstrong

Laughter is the most healthful exertion. —Christoph Wilhelm Hufeland

Let thy food be thy medicine and thy medicine be thy food. —Hippocrates

Living a healthy lifestyle will only deprive you of poor health, lethargy, and fat. —Jill Johnson

Looking good and feeling good go hand in hand. If you have a healthy lifestyle, your diet and nutrition are set, and you’re working out, you’re going to feel good. —Jason Statham

Mirth is the medicine of life; it cures its ills and calms its strife. —Unknown

Most of us think we don’t have enough time to exercise. What a distorted paradigm! We don’t have time not to. We’re talking about three to six hours a week—or a minimum of thirty minutes a day, every other day. That hardly seems an inordinate amount of time considering the tremendous benefits in terms of the impact on the other 162-165 hours of the week. —Stephen Covey

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. —John F. Kennedy

Rest when you’re weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work. —Ralph Marston

Take care of your body. It’s the only place you have to live. —Jim Rohn

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

The body needs its rest, and sleep is extremely important in any health regimen. There should be three main things: eating, exercise and sleep. All three together in the right balance make for a truly healthy lifestyle. —Rohit Shetty

The difference between someone who is in shape, and someone who is not in shape, is the individual who is in shape works out even when they do not want to. —Unknown

The greatest wealth is health. — Virgil

Those who think they have no time for bodily exercise will sooner or later have to find time for illness. —Edward Stanley

To enjoy the glow of good health, you must exercise. — Gene Tunney

To live without love, compassion, or any other spiritual value creates a state of such severe imbalance that every cell yearns to correct it. Ultimately, that is what lies behind the onset of disease; the body is sending a message that something lacking in the present—an imbalance existing somewhere—has given rise to highly visible, unarguable, physical symptoms. —Deepak Chopra

True enjoyment comes from activity of the mind and exercise of the body; the two are ever united. —Humboldt

We do not stop exercising because we grow old—we grow old because we stop exercising. —Dr. Kenneth Cooper

When it comes to eating right and exercising, there is no “I’ll start tomorrow.” Tomorrow is disease. —V.L. Allinear