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Quotes about Health

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Health is the thing that makes you feel that now is the best time of the year.

- Adams, Franklin P.

The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.

- Anderson, Greg

To get rich never risk your health. For it is the truth that health is the wealth of wealth.

- Baker, Richard

The healthy, the strong individual, is the one who asks for help when he needs it. Whether he has an abscess on his knee or in his soul.

- Barrett, Rona

As a remedy against all ills; poverty, sickness, and melancholy only one thing is absolutely necessary; a liking for work.

- Baudelaire, Charles

From labor health, from health contentment springs.

- Beattie, Melody

It's not the work which kills people, it's the worry. It's not the revolution that destroys machinery it's the friction.

- Beecher, Henry Ward

There's lots of people who spend so much time watching their health, they haven't got time to enjoy it.

- Billings, Josh

If I'd known I was gonna live this long. I'd have taken better care of myself. [Eubie Blake At Age 100]

- Blake, Eubie

Energy is eternal delight.

- Blake, William

To become a thoroughly good man is the best prescription for keeping a sound mind and a sound body.

- Bowen, Francis

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

- Buddha

Refuse to be ill. Never tell people you are ill; never own it to yourself. Illness is one of those things which a man should resist on principle at the onset.

- Bulwer-Lytton, Edward G.

Ill-health, of body or of mind, is defeat. Health alone is victory. Let all men, if they can manage it, contrive to be healthy!

- Carlyle, Thomas

Any idiot can face a crisis, it's the day to day living that wears you out.

- Chekhov, Anton

Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need.

You may expect to be well.

- Clarke, James Freeman

Money is the most envied, but the least enjoyed. Health is the most enjoyed, but the least envied.

- Colton, Charles Caleb

You have to stay in shape. My grandmother, she started walking five miles a day when she was 60. She's 97 today and we don't know where the hell she is.

- DeGeneres, Ellen

The health of the people is really the foundation upon which all their happiness and all their powers as a state depend.

- Disraeli, Benjamin

You can set yourself up to be sick, or you can choose to stay well.

- Dyer, Wayne

Health is the condition of wisdom, and the sign is cheerfulness -- an open and noble temper.

- Emerson, Ralph Waldo

Give me health and a day, and I will make the pomp of emperors ridiculous.

- Emerson, Ralph Waldo

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

- Erving, Julius

I've never felt better.

- Fairbanks, Douglas

Some people think that doctors and nurses can put scrambled eggs back into the shell.

- Fisher, Dorothy Canfield

By the time we've made it, we've had it.

- Forbes, Malcolm S.

Nothing is more fatal to health than an over care of it.

- Franklin, Benjamin

To lengthen thy Life, lessen thy meals.

- Franklin, Benjamin

Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded.

- Goethe, Johann Wolfgang Von

I have never yet met a healthy person who worried very much about his health, or a really good person who worried much about his own soul.

- Haldane, John B. S.

A bodily disease which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part.

- Hawthorne, Nathaniel

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

- Heave

As we free our breath (through diaphragmatic breathing) we relax our emotions and let go our body tensions.

- Hendricks, Gay

It is the false shame of fools to try to conceal wounds that have not healed.

- Horace

The groundwork of all happiness is health.

- Hunt, Leigh

People who don't know how to keep themselves healthy ought to have the decency to get themselves buried, and not waste time about it.

- Ibsen, Henrik

The sovereign invigorator of the body is exercise, and of all the exercises walking is the best.

- Jefferson, Thomas

The human body has been designed to resist an infinite number of changes and attacks

brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body.

- Johnson, Harry J.

Health is my expected heaven.

- Keats, John

The vitamin has been reified. A chemical intangible originally defined as a unit of nutritive value, it was long ago reified into a pill. Now it is a pill; no one except a few precise scientists define it as anything else. Once the vitamin became a pill, it became real according to the precepts of American Cartesianism: I swallow it, therefore it is.

- King, Florence

Drinking freshly made juices and eating enough whole foods to provide adequate fiber is a sensible approach to a healthful diet.

- Kordich, Jay

It is a wearisome disease to preserve health by too strict a regimen.

- La Rochefoucauld, Francois De

The building of a perfect body crowned by a perfect brain, is at once the greatest earthly problem and grandest hope of the race.

- Lewis, Dio

To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

- Londen, William

Joy, temperance, and repose, slam the door on the doctor's nose.

- Longfellow, Henry Wadsworth

Cheerfulness, sir, is the principle ingredient in the composition of health.

- Murphy, Arthur

Older people shouldn't eat health food, they need all the preservatives they can get.

- Orben, Robert

Quit worrying about your health. It'll go away.

- Orben, Robert

All excess is ill, but drunkenness is of the worst sort. It spoils health, dismounts the mind, and unmans men. It reveals secrets, is quarrelsome, lascivious, impudent, dangerous and bad.

- Penn, William

I don't eat junk foods and I don't think junk thoughts.

- Pilgrim, Peace

Attention to health is life greatest hindrance.

- Plato

Health consists with temperance alone.

- Pope, Alexander

We are usually the best men when in the worst health.

- Proverb, English

He who enjoys good health is rich, though he knows it not.

- Proverb, Italian

The healthy die first.

- Proverb, Italian

A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

- Proverb, Spanish

Is not that a great principle for all of living? The people who will really accomplish great things in life are those who are willing to discipline their lives, who maintain their health,

their vitality, their efficiency through this process of rigorous disciplining of what they take into their bodies and what they do in life. It's a very important thing in terms of championship living.

- Richards, Bob

The quality of your life is dependent upon the quality of the life of your cells. If the bloodstream is filled with waste products, the resulting environment does not promote a strong, vibrant, healthy cell life-nor a biochemistry capable of creating a balanced emotional life for an individual.

- Robbins, Anthony

The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.

- Robbins, Anthony

To be or not to be isn't the question. The question is how to prolong being.

- Robbins, Tom

Take care of your body. It's the only place you have to live.

- Rohn, Jim

A feeble body weakens the mind.

- Rousseau, Jean Jacques

One of the signs of an approaching nervous breakdown is the belief that one's work is terribly important.

- Russell, Bertrand

If you need medical advice, let these three things be your physicians; a cheerful mind, relaxation from business, and a moderate diet.

- Salerno, Schola

I know a lot of athletes and models are written off as just bodies. I never felt used for my body.

- Schwarzenegger, Arnold

Of all the anti-social vested interests the worst is the vested interest in ill-health.

- Shaw, George Bernard

I believe you can have whatever you really want in this life, in one form or another, sooner or later. All you have to do is take care of your health and be lucky enough to live for a while. But you can't have it all at once and you can't have it forever. No life has the room for everything in it, not on the same day.

- Sher, Barbara

The ingredients of health and long life, are great temperance, open air, easy labor, and

little care.

- Sidney, Sir Philip

The preservation of health is a duty. Few seem conscious that there is such a thing as physical morality.

- Spencer, Herbert

I am always busy, which is perhaps the chief reason why I am always well.

- Stanton, Elizabeth Cady

People who overly take care of their health are like misers. They hoard up a treasure which they never enjoy.

- Sterne, Laurence

All bodies are slow in growth but rapid in decay.

- Tacitus, Publius Cornelius

Measure your health by your sympathy with morning and spring. If there is no response in you to the awakening of nature --if the prospect of an early morning walk does not banish sleep, if the warble of the first bluebird does not thrill you --know that the morning and spring of your life are past. Thus may you feel your pulse.

- Thoreau, Henry David

Must be out-of-doors enough to get experience of wholesome reality, as a ballast to thought and sentiment. Health requires this relaxation, this aimless life.

- Thoreau, Henry David

Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance.

- Tracy, Brian

Be careful about reading health books. You may die of a misprint.

- Twain, Mark

The way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

- Twain, Mark

Vitality shows not only in the ability to persist, but in the ability to start over.

- Unknown, Source

To feel fit as a fiddle you must tone down your middle.

- Unknown, Source

Our health always seems much more valuable after we lose it.

- Unknown, Source

The winners in life treat their body as if it were a magnificent spacecraft that gives them the finest transportation and endurance for their lives.

- Waitley, Denis

Time And health are two precious assets that we don't recognize and appreciate until they have been depleted.

- Waitley, Denis

Look to your health; and if you have it, praise God and value it next to a good conscience; for health is the second blessing that money cannot buy; therefore value it, and be thankful for it.

- Walton, Izaak

A man's health can be judged by which he takes two at a time -- pills or stairs.

- Welsh, Joan

The human body is the best picture of the human soul.

- Wittgenstein, Ludwig

Doing good to others is not a duty, it is a joy, for it increases our own health and happiness.

- Zoroaster

A good health policy is based on three principles. Unfortunately, nobody knows them.

- Kocher, Gerhard

To preserve permanent good health, the state of mind must be taken into consideration.

- Owen, Robert



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