

Health Quotations

1. "Health is not simply the absence of sickness. It is the presence of vitality, energy, and overall well-being."
 2. "Taking care of your body is an investment that pays off in every aspect of your life."
 3. "Wellness is a journey, not a destination. Every step you take towards a healthier lifestyle is progress."
 4. "Your body is your temple. Treat it with love, respect, and nourishment."
 5. "True health is a harmony of mind, body, and spirit."
 6. "The greatest wealth is health."
 7. "A healthy outside starts from the inside."
 8. "Good health is not something we can buy. However, it can be an extremely valuable savings account."
 9. "Health is the crown that only the sick can see."
 10. "When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need." - **Ayurvedic Proverb**
 11. "The groundwork for all happiness is good health." - **Leigh Hunt**
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12. "To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear." - **Buddha**
13. "Health is like money, we never have a true idea of its value until we lose it." - **Josh Billings**
14. "An apple a day keeps the doctor away."
15. "Exercise is king, nutrition is queen, put them together and you have a kingdom." - **Jack LaLanne**

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