

Famous Quotes on Health

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

Richard Baker

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.

Rona Barrett

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

Eubie Blake

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

Francis Bowen

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!

Thomas Carlyle

Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You may expect to be well.

James Freeman Clarke

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.

Ellen Degeneres

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.

Johann Wolfgang Von Goethe

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.

Gay Hendricks

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

Horace

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

Thomas Jefferson

The human body has been designed to resist an infinite number of changes and attacks brought about by its environment. The secret of god health lies in successful adjustment to changing stresses on the body.

Harry J. Johnson

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

Jay Kordich

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

Dio Lewis

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

William Londen

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

Arthur Murphy

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

Italian Proverb

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.

Anthony Robbins

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

Tom Robbins

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

Schola Salern

The ingredients of health and long life, are great temperance, open air, easy labour, and little care.

Sir Philip Sidney

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

Herbert Spencer

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.

Henry David Thoreau

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.

Brian Tracy

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

Joan Welsh