

Health is wealth. No doubt about this paraphrase, we have heard this since our childhood. It's a universally acknowledged truth that there is no alternative to good health. Everyone should be conscious about their health, and take necessary steps to keep their body healthy.

Whatever we do in this world of material to gain success in physical terms, it costs us in one way or the other. Whether, we sacrifice our most precious time that we could spend with our family, friends or loved ones, or it might be our health that we might be consuming to gain something else in return. That something else that we want to gain in return on the expense of our relations, health and time is usually money, wealth which later on proves to be a mirage, which kept us driving so long in the journey of our lives. In the end we find we have got nothing, this piece of paper can not give us back our emotions, love, youth, and relations. It's quite a big mistake to compromise such beautiful things in order to gain just a huge bank balance or only for the sake of a Schauer driven big car.

Should we be paying such a huge cost for these desires? Is it a wise decision to not be able to attend family rather than being surrounded by some ambitious executives to make more and more increments in your wealth ?

Seeing my little angels play in front of me is a much more satisfactory thing rather than making a gain in my wealth. Riding on my shoulders, my cute innocent girls bring more and more emotions to my heart and it's a priceless thing, it can't be purchased or sold. The smile of my girls is the cure of all my ailments. The joy that comes on the face of my loved ones when they see me is far more precious than being an executive of a corporate firm. The time spent with my family fills my soul with love, care and satisfaction. This gives me extra energy to fight the battles of my life. The smile of siblings is the reason behind my struggle in all adversities. The love of my family is the driving force in my life which keeps me motivated in my entire life whatever i have to face. I can pay any cost to keep my family happy and to be with them.

The other constraint, usually compromised during the conflicts of life, as earlier mentioned, is health. Health is the key to every success in life. You can not face the hardships of life, if you are not physically, mentally and spiritually fit. All the aspects of our body should be intact and performing at their best. If you lose your health in the meanwhile, you lose your battle. However at the same time, as you give your full time to your work or job, you do no't get enough time to strengthen your body, it's almost impossible to keep a balance between job and health. If you are working hard, that unconditionally means, you have to work late nights, you often skip your breakfasts, meals, and dinner. During this laborious job performance, one can neither get proper sleep nor exercise, and hardly gets healthy food. Ignoring the healthy and balanced diet plan, one has to eat whatever is provided with, in order to avert appetite. Drink whatever is presented to quench thirst and show manners instead of complaining.

All this leads to poor health, deformed and obese physique whereas slowing down the overall struggle of life.