

# HEALTH

*Meaning: Health is the state of being free from illness or injury, encompassing physical, mental, and social well-being.*

1. Maintaining a balanced diet is essential for good health.
2. Regular exercise not only improves physical health but also boosts mental well-being.
3. Access to healthcare services is a fundamental aspect of public health.
4. Mental health is just as important as physical health in achieving overall wellness.
5. The community organized a health fair to promote awareness and prevention of diseases.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

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