

People worry too much about health and fitness essay sample

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We live in the world when the most ambitious want to be rich, famous, successful and to live in the three or four-storied . Others just want to have a prestigious job with high salary and to have a flat somewhere in city center. But what is the thing without that people can't do and can't achieve the lovely result? And the answer is simple – health.

And then if you ask me why people nowadays worry too much about health and fitness then I can easily answer: First of all, health is one of the most important parts of the greatest Earthly happiness that the person could face. It's really impossible to imagine happy man or woman dying from unknown or even incurable illnesses such as cancer or Huntington Disease. Then, if you want be a millionaire or even billionaire, you just have to work as hard as you can and you must be as fit as a fiddle. Besides, if somebody is looking for a pair: man or woman that doesn't matter one of the top-three “ look for” options is health. So it's more easier to find your sweetheart when you're healthy instead of being “ dying beauty”.

As well as people worry about their health they worry about staying healthy and how to strength their health? It's difficult to deny that the answer is obvious – fitness. Because fitness – the real way to stay healthy and keep your body in shape and muscles in tone. And now people not worry more or less about health than their parents and greatparents years ago. Just the world have changed, but people stayed the same. To finish with I'd like to say that while the man alive he would worry about his health but if he want to stay healthy for many years he would take up fitness.