

Stepping Stones to Success

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In this fast-paced era, health is given least importance. According to the World Health Organization, "HEALTH" is defined as "a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity". With that being said, it reminds us of our action in maintaining good physical and mental health for successful performance on our endeavors.

Physical body without any disease or deficiency will give a relaxed mind set. Nutritional food plays the primary role of rendering energy for complete physical and mental stability. The consumption of well-balanced food improves memory, concentration, and lifts the mood in positive attitude. The brain gets energy from glucose in carbohydrate which is almost 15-20 percent of energy from our daily calorie intake.

For the constant energy cycle along with food, exercises like yoga, breathing techniques, and constant workouts are mandatory to improve your physical and mental stability.

Maintaining a seamless physical health will lead to a super brain. When the brain is perfect, it produces the right performance level. Hence the synchronizing coordination of normal physical and mental health will always get your grades "UP" in the chart of your life.