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Embrace the Path to Better Health

By Emily Jothee Mathai

Our forefathers have left us with a great wealth of health proverbs such as Health is Wealth, The greatest wealth is health, and Good health is above wealth. These popular health related proverbs, which I noticed are connected to wealth, highlight the crucial roles both health and wealth play in leading a quality life. They reflect the understanding that health and wealth are fundamental to a fulfilling and prosperous life.

Today, in our day-to-day life, we are extremely busy working for money. In the pursuit of earning, we often experience symptoms of fatigue, pain, stress, and illness, or we neglect the need for rest, proper nutrition, and exercise. In the long run, this takes a toll on our health, causing suffering and damage. Truly, we fail to listen to our own body's signals, leading to negative consequences for both our physical and mental well-being.

Another growing trend and severe public health crisis across Asia and Europe now is obesity. Though the obesity rate in Asia is generally lower than in Europe, the World Health Organization (WHO) reports approximately 9.1 percent of adults in Asia are classified as obese, marking a gradual increase from previous years (WHO, 2024). In Asia, Malaysia has the highest obesity rate, at approximately 15.6 percent, driven by high consumption of processed food and sedentary lifestyles (Obesity, 2023).





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It is high time that Malaysians embrace the path to better health; as the saying goes, 'A journey of a thousand miles begins with a single step'. This proverb highlights the importance of taking that first step towards a healthier lifestyle. Walking, a simple yet effective activity, is recognized for its numerous health benefits for people of all ages. It is an exercise that does not require any special equipment or venue and can significantly enhance physical fitness and mental well-being. Incorporating regular walking into an active routine not only burns calories but also plays a big role in managing weight and preventing obesity.

In conclusion, walking is a simple yet powerful way to improve overall health and well-being for both youths and senior citizens. Whether you aim to stay fit, manage weight, strengthen bones, or boost your mood, walking offers these benefits and more. Given the growing concerns of obesity and the importance of balancing health with the demands of daily life, incorporating regular walking into your routine is a crucial step toward a healthier lifestyle. So, start walking today and reap its reward. Remember, to get rich, never risk your health. For it is the truth that health is the wealth of wealth." – Richard Baker.

References

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