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What does it mean to be healthy?

# Introduction

What does it mean to live a "healthy lifestyle?" More importantly, why do we strive for a healthy lifestyle? I hope to answer those questions and present a case for choosing and maintaining a healthy lifestyle.

# body

Let's begin with healthiness. Health is the [state](http://www.webster-dictionary.org/definition/state) of being [sound](http://www.webster-dictionary.org/definition/sound) or [whole](http://www.webster-dictionary.org/definition/whole), in [body](http://www.webster-dictionary.org/definition/body), [mind](http://www.webster-dictionary.org/definition/mind), or [soul](http://www.webster-dictionary.org/definition/soul); [especially](http://www.webster-dictionary.org/definition/especially) being [free](http://www.webster-dictionary.org/definition/free) from [physical](http://www.webster-dictionary.org/definition/physical) [disease](http://www.webster-dictionary.org/definition/disease) or [pain](http://www.webster-dictionary.org/definition/pain). (1) There are many different kinds of health: physical, mental, emotional, spiritual, intellectual, and so on. A lifestyle is the pattern of habits you stick to. A healthy lifestyle is not just about eating "healthy" foods or spending hours at the gym - it's a pattern of habits that creates and maintains personal well-being.

The different kinds of health are all interlinked. Your physical health influences your mental health; your spiritual health affects your emotional health, etc. If you started going out with someone, you might have great emotional health, but if your physical health is low, your total well-being cannot be at its peak. You have to bring all the kinds of health together in order to live a fully healthy lifestyle.

And the truth is that no one will ever achieve perfect health - being human makes that impossible. But the healthier you are, the more content with life you are, and contentment is the root of true happiness. (2) *That* is why we live a healthy lifestyle - to be happy and to have a full sense of well-being.

We can break that previous statement down into an equation, where health=contentment=happiness. That in turn can be broken down into these three equations: health=happiness, happiness=contentment, health=contentment. Now I know we could argue about whether these equations are true, but for now let's just agree that while they oversimplify deeper issues, they suffice for our discussion.

So let's focus for a moment on this last equation: health=contentment. Rather than describing what contentment *is*, I'm going to give you some pictures of what it's *not*. Contentment is *not* eating your entire Halloween stash in one night. Contentment is *not* obsessing over pictures of hot celebrities and desperately trying to look like them. Contentment is *not* having such a full schedule that you frantically fly from one block of time to the next. Contentment is also *not* apathy - it's not that you don't care, it's that you recognize where you're at and are OK with that. (3).

# CONCLUSION

As I close I'd like to touch on how we can get and keep a healthy lifestyle. We can apply three Ms from computer software quality to starting and sticking with healthy habits. (4) The first M is "Maintainable." When you start a habit, it has to be something that you can actually *do* on a consistent basis. The second M is "Motivational." If you don't *want* to do something, you might be able to force yourself into it, but that won't last long and won't be Maintainable. Finally, your health habits should be "Measurable." A wise man once said, "that which gets measured improves." (5)

Now, you are an individual person: unique in your tastes, motivations, and desires. If you can find a way to make your healthy lifestyle Maintainable, Motivational, and Measurable, you're bound to succeed in achieving your goals. Thank you for your attention.

# Q&A

* Would you say you have a healthy lifestyle? Why/why not?
* What kind of health are you strong in? What other kinds of health do you think you could add to this list?
* What habit could you start/improve to help improve your health? How can you use the three Ms to help you start and stick to a new habit?

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