

English proverbs on health

- ❖ Early to bed and early to rise makes a man healthy, wealthy and wise.
- ❖ Good health is above wealth.
- ❖ Health is not valued till sickness comes.
- ❖ An apple a day keeps the doctor away.
- ❖ Who has a toothache, should keep/hold his tongue on it.
- ❖ He whets his teeth on something.
- ❖ He shows the whiteness of his teeth.
- ❖ Prevention is better than cure.
- ❖ Eat to live, not live to eat.
- ❖ Early to bed and early to rise, makes a man healthy, wealthy and wise.
- ❖ Never let the sun go down on your anger.
- ❖ A stitch in time saves nine.
- ❖ You are what you eat.
- ❖ A smile is an unexpensive way to improve your looks.
- ❖ To get angry is to punish yourself with other people's mistakes.
- ❖ Seven days without exercise makes one weak.
- ❖ Eat well, be active, feel good about yourself.
- ❖ Tri-colour meal is a good deal.
- ❖ The less you eat, the longer you live.