

Have you questioned the best way to stay healthy? I was able to contribute information from, "Is Happiness Healthy?" and The Giver in my argument. In order to be healthy one needs to be happy with self.

When you are happy you are more likely to be healthy. "People who are happier have fewer illnesses." After discovering that, "People who are happier have fewer illnesses", I now believe that we should try to be happier to prevent sickness. Others may disagree and claim that the best way to be healthy is by exercising. Although some may argue that physical activity is best for health but exercise doesn't help your mental health. "The researchers found that the volunteers who had been determined to be "happy" were less likely to report the symptoms of a cold or flu." It is likely that some people will argue that the volunteers didn't report any symptoms because they were healthy and not happy. "The truth is the volunteers were healthy because they were happy."

I will now explain why I believe happiness is healthy by using quotes from The Giver. "The Giver smiled and nodded. For the first time in their long month, Jonas saw him look truly happy." The quote makes me believe that people who are happy will show

that they are happy. ^{LECTURE 111117} ~~single man~~
It's possible that others their own feelings.
My problem with this theory is that just by smiling makes you happier which makes you healthier. Another piece of evidence is, "But this time he fit right in and felt the happiness that prevented the memory." This quote helps me understand how happiness & excitement can prevent something, others will say just because you are happy doesn't mean you can't do something. In reality can affect your state of mind.

People who are happy are most likely to be healthy. I used both "Is Happiness Health?" and The Fiver for support in my argument. Now you have to decide, What's Healthier. Exercise or Being Happy!