**To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear – Buddha**

This is telling us that we need to have a positive attitude and positive outlook on what happens in our lives. Even if it seems bad, we need to search for a positive outcome within it all. It’s about not letting the bad get you down and overwhelm you.

Buddha believes that to have a healthy inside, you must first have a healthy outside.