

Original Paragraph

Health is rightly considered the greatest wealth. A wealthy person without good health can not enjoy life while a healthy individual, even with limited means can live happily. Modern lifestyle, however, has made people careless about their health. Irregular eating habits, lack of exercise and dependence on junk food have led to increasing cases of obesity, diabetes, and heart disease. In pursuit of wealth and success, people often ignore rest and recreation which are equally important for physical and mental well being. Good health requires a balanced diet, regular physical activity, adequate sleep and a positive step outlook on life. Prevention is always better than cure, and by taking simple precautions, one can avoid serious illnesses. Indeed health is the foundation on which all other achievements in life depend.

Indent the paragraph.

Topic: Health is wealth

Good health is crucial to enjoy life but modern lifestyle ruined health due to lack of physical activities and unhealthy eating habits. This causes ~~the~~ obesity, diabetes and heart disease. Work load ~~also~~ ^{has} disturbed the sleeping habits that affects mental well being of human. Proper diet, sleep and physical activities are better precautions for healthy and successful lifestyle.

Do not include examples in precis. Just write their essence

Idea and grammar are generally ok.