

Foreword

“Health is the foremost wealth of life; disciplined exercise is its guardian.”

The greatest wealth of human life is good health and a clear mind. The simple path to attaining them is regular exercise and a healthy way of living. Every person who takes part in a marathon is not merely running toward a finish line; they are advancing toward a healthier society.

Thiruvalluvar says:

**“It is said that misfortune dwells with the indolent,
while the goddess of prosperity dwells with those who strive with effort.” (Thirukkural – On Diligence)**

The meaning is that laziness brings ruin, while diligence and hard work create a prosperous life. Likewise,

**“One should investigate the disease, then trace its root cause,
and apply the appropriate remedy capable of curing it.” (Thirukkural 948)**

he emphasizes the importance of preventing disease and following the right way of life.

**If the body perishes, the soul too shall perish;
nor can one attain true, steadfast wisdom.
Knowing well the means to nurture the body,
I nurtured the body, and thereby nurtured the soul.**

Thirumandiram 724

The Thirumandiram emphasizes that caring for the body is caring for the soul:

Today's youth must move away from drugs, alcohol, tobacco, and foods high in fat and sugar, and instead make natural food, daily walking, running practice, and exercise a part of their lives. Obesity is the gateway to many diseases; the best remedy to prevent it is a disciplined way of life.

I believe this book will serve not merely as a scientific guide to improving fitness, but as an inspiring work that calls upon everyone toward a healthy life journey and social responsibility.

“Run for health;

live with enthusiasm;

inspire others too.”

May this marathon not merely be a competition — let it blossom into a people's movement toward the goal of a healthy Tamil Nadu and a healthy India.

Long live good health! May humanity flourish and grow!

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