

## **The Gift of Health**

Oh, precious health, a treasure untold,  
More valuable than silver or gold.  
A steady heart, a breath so free,  
The rhythm of life, a melody.

Each step we take, each smile we share,  
A testament to the body's care.  
Through storms of stress, through trials we face,  
Health is the anchor, our saving grace.

So nourish the body, the mind, the soul,  
In balance and love, we become whole.  
Cherish the gift, let gratitude swell,  
For in health's embrace, we truly dwell.