

*Sir Godfrey Gregg*

Your body is the vessel in which you experience life. If you want to experience the best possible life that you can, you have to maintain your vehicle: give yourself the proper fuels, get regular checkups, and continue to enjoy your body. One major factor in enjoying life is enjoying it in the best possible way, through a well-rested, healthy, and well-maintained body. This is the only body you are going to get, make sure it does not fall out of use earlier than it should.

