„Our bodies are as important as our souls.“

Aristotle

I think it means that we should care about our bodies as much as we care about our souls. We often care about our souls, we do everything for to be happy and satisfied, but for our bodies we often do nothing. For example, we eat unhealthy food, we smoke or we do not get a lot of vitamins. Then we can be seriously ill. We should eat full-fledged food, do some sports and do a lot of different things which are good and correct for our bodies. When we will behave good to our body, it will be grateful and then it will be healthy for long time or like sport people who go to Olympic Games – their bodies will give amazing performances.