1.“Prevention is better than cure.” – Desiderius Erasmus

2.“Take care of your body. It’s the only place you have to live.” – Jim Rohn

3.“People who laugh actually live longer than those who don’t laugh. Few persons realize that health actually varies according to the amount of laughter.” – James J. Walsh

4.“The reason I exercise is for the quality of life I enjoy.” – Kenneth H. Cooper

5.“The groundwork for all happiness is good health.” – Leigh Hunt

If these healthy lifestyle quotes have inspired you to live or maintain a healthier life, and you want to make a positive impact on other peoples’ lives, Rasmussen College has several programs in the School of Health Sciences that can help you to do just that. Download our Healthcare Career Guide for more information on which opportunity would be the best fit for you.