*Comment on the following quotations with evaluation phrases*:

1.“Happiness lies, first of all, in health.” – George William Curtis, author of Lotus-Eating

2.“To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.” – Buddha

3.“A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.” – Paul Dudley White (1886-1973)

4.“Health and intellect are the two blessings of life.” – Menander (ca. 342-291 BC)

5.“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” – Plato