There are two blessings in which many people incur loss: health and free time

Ibn ‘Abbās (may Allah be pleased with him and his father) reported: The Prophet (may Allah's peace and blessings be upon him) said: "There are two blessings in which many people incur loss: health and free time."

[Authentic] [Narrated by Al-Bukhāri]

The Prophet (may Allah's peace and blessings be upon him) informed about two great blessings that Allah bestows upon man, in which many people suffer loss because they use them inappropriately. When a person is blessed with both health and free time but is overcome by laziness in worship, he is among the losers, and this is the case with most people. However, if a person uses his free time and health in obeying Allah, he is the winner, for this world is the cultivation ground for the Hereafter, and in it lies the trade whose profit will be realized in the Hereafter. Free time is followed by preoccupation, and health is followed by sickness; and if nothing else except old age, it would suffice as a reminder.

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