Deuteronomy 4:9
But beware and watch yourself very well, lest you forget the things that your eyes saw, and lest these things depart from your heart, all the days of your life, and you shall make them known to your children and to your children's children.

Deuteronomy 4:15
And you shall watch yourselves very well, for you did not see any image on the day that the Lord spoke to you at Horeb from the midst of the fire.

Maimonides Mishnah Torah Hilchot Deot 4:1
A healthy and wholesome body is akin to the ways of G-d, because it is impossible to understand and know (the ways of G-d) when one is ill. Therefore a person needs to distance oneself from damaging influences and accustom to a healthy lifestyle (translation: Gideon Aronovich)
Deuteronomy 30:19

This day, I call upon the heaven and the earth as witnesses [that I have warned] you: I have set before you life and death, the blessing and the curse. You shall choose life, so that you and your offspring will live

Sources not included:
Kohelet Rabbah 7:13 (??)
Sefer HaChinuch, Rabbi Aaron Halevi, Spain, 13 century Mitzvah 546
Shulchan Aruch, Rabbi Yosef Caro, Israel, 1488-1575, Choshen Mishpat 427, 8-10

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