

# PHYSICAL HEALTH

Regular exercise benefits your physical health and mental well-being and helps you live an active, fulfilling life. Believe it or not, research shows a link between regular exercise and academic performance! All young people should aim to have at least 60 minutes of exercise daily. Why not choose something you enjoy to stay fit?

What does physical health involve?

## Healthy Weight



Being overweight or obese is associated with many health conditions. Losing excess weight is one of the best things you can do for your physical health. It's not always easy, but losing weight will improve your overall wellbeing, decrease your risk of illness, and give you more energy.

## Healthy Eating



In general, the greener or more colourful the plate is the healthier it is. A well-balanced diet is rich in nutrients, with fruit, vegetables, lean meats, and whole grains. Healthy eating and hydration are required to support the body's functions and for energy. Good food is the body's fuel - keep it clean and natural.

## Relaxation



A good sleep routine is essential for the body to rest, de-stress and get the energy to keep working. Your mind and body need an average of 8 hours of sleep every night. The body needs to be able to unwind through relaxation to prevent burnout. Muscles may tense up causing back and headaches if you don't relax regularly.

## Wellbeing



If we sustain good physical health, we ourselves, with, our healthy - it affects our overall wellbeing. Wellbeing incorporates good mental and physical health. Getting enough sleep, relaxation, exercise, a good diet and maintaining hygiene standards are all factors in our overall wellbeing.

## Exercise



Exercise is important for overall general health. It helps with weight control, mental health, reduces your risk of many health conditions and builds strength, flexibility, and endurance. Exercise stimulates our metabolism and improves our energy levels.



# Physical Activity And Health An Interactive Approach

**David Kirk**



## **Physical Activity And Health An Interactive Approach:**

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