

Physical Health

Physical health and mental health are strongly connected. Taking care of your physical health is scientifically shown to improve mental wellbeing, and vice versa. If one declines, the other can be affected too.

Physical health represents one dimension of total well-being. The term refers to the state of your physical body and how well it is operating.

While physical health consists of many components, here is a brief list of the key areas that should be addressed:

- Physical activity - includes strength, flexibility, and endurance
- Nutrition and diet - includes nutrient intake, fluid intake, and healthy digestion
- Alcohol and drugs - includes the abstinence from or reduced consumption of these substances
- Medical self-care - includes addressing minor ailments or injuries and seeking emergency care as necessary
- Rest and sleep - includes periodic rest and relaxation, along with high quality sleep

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.

Here are some physically healthy habits that we all need in our lives:

- Eat a **balanced diet** + drink lots of water
- **Sleep** 8+ hours every night
- Live an **active lifestyle** and **exercise daily**
- **Practice** proper hygiene and disease prevention

To maintain health and reduce your risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate-intensity physical activity on most, preferably all, days.

Resources:

Fitness for life

Fitness worksheets

How to improve your wellbeing through physical activity and sport

What is Physical Health? (YouTube video)

<https://youtu.be/AEPnYII8uSI>

Physical Activity – What is it?

<https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important>

Teenagers: How to take care of your physical health

<https://familydoctor.org/teenagers-how-to-stay-healthy/>