 Physical

 Physical wellness can refer to any of the aspects that are needed to keep the body in top

condition. It is the ability of human body to function properly.

 It is about the Structure and function of the body: The body's capacity to carry out everyday

activities and be free from illness. It includes fitness, weight, body shape and ability to recover

from illness.

 Consuming a healthy diet and getting an adequate amount of exercise to build cardiovascular

health, endurance or flexibility are essential to this goal.

 One is responsible for his or her health care which means treating minor conditions and

consulting a professional to manage more serious conditions.

 On the path to good physical health, one should Monitor warning signs so one understand

when one’s body is not getting the nutrition it needs or establishing an unhealthy state.

 One’s physical health helps to improve determination, self-control and self-esteem. Sufficient

amount of sleep, avoidance of harmful substances like tobacco products, and annual physical

exams are some of the tips for maintain a good physical health.

 An ideal health numbers for conditions such as weight, cholesterol, blood pressure or blood

sugar etc.

 This dimension of health focuses on the importance of moderate daily physical activity, proper

nutrition, maintaining a healthy weight, getting recommended preventive screenings (based on

age, gender and health history) and managing conditions to prevent them from getting worse.

 Increasing physical activity is one of the most effective ways to improve and maintain your

health. Research shows that physical activity lowers the risk for many chronic conditions (e.g.,

diabetes, heart disease, obesity, bone and joint problems, and cancer), improves mood and

boosts energy. Engaging in physical activities such as walking, bicycling or swimming with

another person can provide a framework for a friendship, as well as afford accountability for

physical wellness.