What is physical health?

**Caseism.com**

- One section of your health triangle that consists of the physical aspects of your body.
- It is a state of well-being with all internal and external body parts

*Summary*

Maintaining good physical health is crucial for overall well-being. Regular physical activity and a balanced diet can contribute to a healthier lifestyle. If you have questions about your health, you should consult a healthcare professional who can provide guidance.
Sirtris Pharmaceuticals: Living Healthier, Longer (Abridged)

Physical Exercise
- Exercise plays a big role in your physical health.
- You should be getting at least 60 minutes of exercise every day.
- Physical activity releases endorphins in your body which make you happier and have more energy.

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- Physical health also affects your mental/emotional health.
- If you are physically healthy, you will feel better about yourself and have a higher self-esteem.

Examples of good physical health:
- Getting enough sleep every night.
- Eating a well-balanced diet.
- Getting at least 60 minutes of exercise a day.
- Maintain good hygiene.

What is physical health?

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- One section of your health triangle that consists of the physical aspects of your body.
- It is a state of well-being with all internal and external body parts.

Summary
- Having good physical health plays a very important role in overall health.
- Your body needs exercise to stay healthy.
- Good physical health can make you feel happier and have a higher self-esteem.

Hygiene
- Maintain good hygiene.
- Physical health and hygiene are closely related.
- Good personal hygiene is important for good physical health.

Statistics
- Important
- Getting enough sleep is really important for your physical health.
- You should be getting at least 8 hours of sleep every night.
- You will have more energy throughout the day.

Physical Fit People
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How can you change your bad physical health?
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Health of being mentally well:
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  - Having a positive outlook.
  - Living longer.
  - Having a good sense of humor.
  - Feeling happy and content.
  - Making wise decisions even when things may not be easy.
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Examples of good physical health

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Physical health also affects your mental/emotional health. If you are physically healthy, you will feel better about yourself and have a higher self esteem.
Benefits of being physically healthy

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- Feeling better about yourself
- Living longer
- You're able to easily do a lot more like physical activities
- Having more energy throughout the day
- Having less health problems later in your life
Physically Fit People

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Not Physically Healthy

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How can you change your bad physical health?

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If you are physically unhealthy, you can start exercising every day for 60 minutes and you can change your eating habits and eat a week balanced diet in place of junk food.