Being Healthy

What is Health?

Health (defined by the World Health Organisation (WHO)) is the state of complete physical, social, and mental well-being and not merely the absence of disease.

What are the benefits of exercise?

It can help you:  

**socially** -  
> making friends  
> keeping occupied  
> developing team work skills  
> provides competition or challenge

**mentally** -  
> gaining confidence  
> relieves stress

**physically** -  
> cardiovascular improvements  
> become fitter  
> releases chemicals from the brain  
> improves blood circulation  
> lose weight  
> therefore - life expectancy increases