

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

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