

What Does it Mean to be Healthy?

What does it mean to be healthy? There are many aspects to being healthy such as being well in mind and body, physically and emotionally. Feelings and emotions can be healthy or unhealthy and can lead to activities that are physically unhealthy, such as poor food choices or smoking. If your body and mind are healthy, you are considered well and healthy.

It is always important to ask these questions and to always be thinking of your health.

How do you feel if you are healthy?

If you are not feeling healthy, how do you feel?

How are feelings and emotions part of being healthy?

How does the food you eat and the physical activity you get affect your health?
