

## **Ques. 3 Meaning of Health, Fitness and Wellness, Misconceptions about Physical Education in society**

### **Health**

Health is often misunderstood as simply “not being sick,” but it is much more than that. According to the World Health Organization (**WHO**), health is “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”.

#### **This means a person is considered healthy when:**

Their body is functioning properly (physical health).

They can handle emotions and stress (mental/emotional health).

They have good relationships and are part of a supportive community (social health).

#### **Health is influenced by factors like:**

Lifestyle choices (diet, exercise, sleep).

Genetics,

Environment (clean air, safe housing),

Access to medical care and health education.

A healthy person is not just free from illness but is able to live life to the fullest and perform daily activities with ease and satisfaction.

# F Y Ba Sem 1 101

**S Marginson**



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