

## BE PROUD OF YOUR BODY

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### ABSTRACT:

*Overall health of the population is determined by people's income, education, employment and housing, as well as a combination of preventive and rehabilitative approaches and services. Making a positive impact on the health of individuals is the common goal among partners in the continuum of wellness promotion, illness prevention and health care. Health can be defined as the physical, social, psychological and spiritual well-being and not merely the absence of disease or infirmity. Wellness is an active lifestyle that incorporates several components that affects health (physical, mental and social wellbeing and not only the absence of disease). We need a healthy lifestyle to build up a healthy immune system and to avoid disease.*

**Keywords:** Health, proud, wellness, body, healthy lifestyle.

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**INTRODUCTION:**

*“Every human being is the author of his own health or disease”*

Life without health is like an army without soldiers. Health is important to live life to the fullest. When a person leads a healthy life, the body remains healthy; the mind is active and fresh. Overall health of the population is determined by people’s income, education, employment and housing, as well as a combination of preventive and rehabilitative approaches and services. Making a positive impact on the health of individuals is the common goal among partners in the continuum of wellness promotion, illness prevention and health care

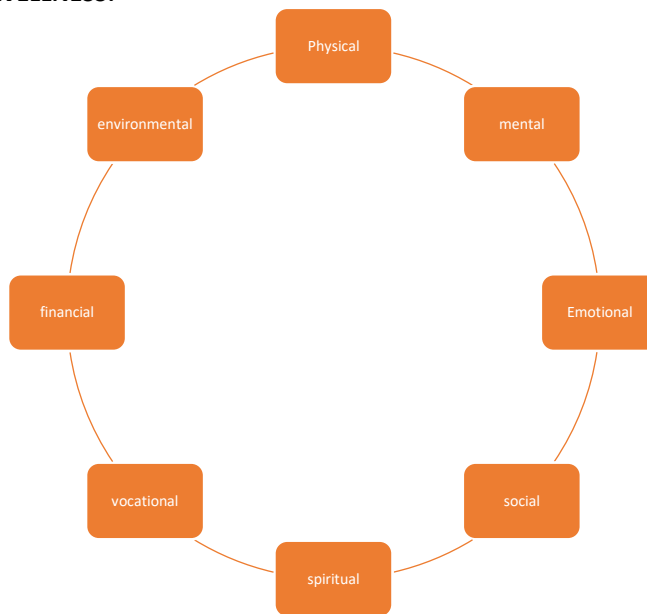
**DEFINITION:**

Health can be defined as the physical, social, psychological and spiritual well-being and not merely the absence of disease or infirmity. - WHO

**IMPOTANCE OF HEALTH AND WELLNESS:**

- Improve longer and healthier life
- Active social interaction
- Improve Mental and emotional health
- Improve concentration
- Prevent diseases
- Improves balance and stability
- Lead a productive life
- Financial benefits
- Weight management
- Boost energy
- Physical development, social skills, emotional skills
- Cognitive development

**DIMENSIONS OF HEALTH AND WELLNESS:**

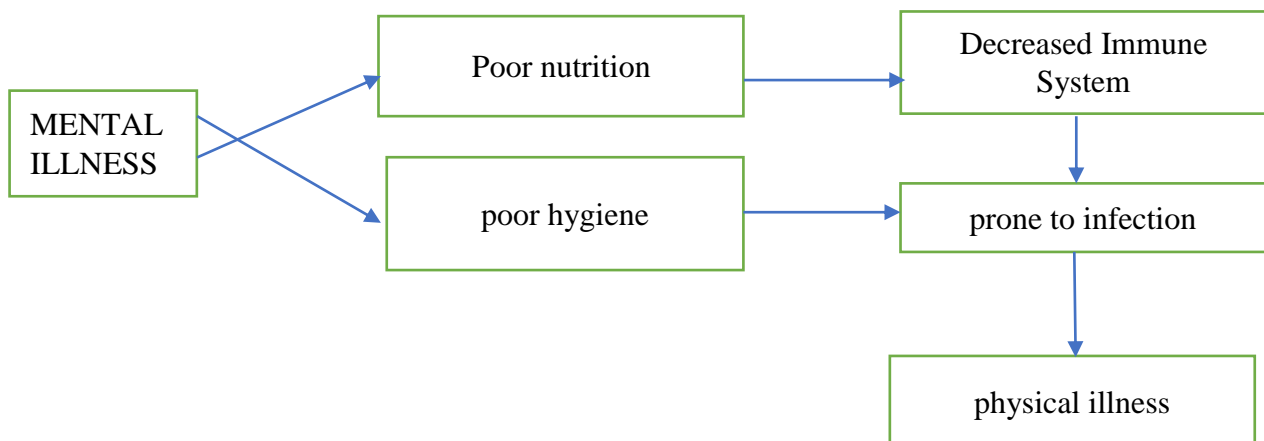


**1. PHYSICAL DIMENSION:**

Physical health means perfect functioning of body. It is achieved by exercise, healthy diet, adequate rest and sleep, no smoke, and alcohol consumption.

**2. MENTAL DIMENSION:**

Mental health is a state of balance between body and mind.



### 3. SOCIAL DIMENSION:

An individual is socially healthy if he is able to maintain harmonious relationship with other members of society. It's achieved by good communication, intimacy, respect and equality

### 4. SPIRITUAL DIMENSION:

Finding purpose, value, and meaning in your life with or without organized religion. Participating in activities that are consistent with your beliefs and values

### 5. VOCATIONAL DIMENSION:

Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding

### 6. FINANCIAL DIMENSION:

Managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs or emergencies being aware that everyone's financial values, needs, and circumstances are unique

### 7. ENVIRONMENTAL DIMENSION:

Understanding how your social, natural, and built environments affect your health and well-being. Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment. Demonstrating commitment to a healthy planet.

### WHAT SHOULD YOU DO TO IMPROVE HEALTH AND WELLNESS?

- Assess your behavior that contribute to wellness
- Be more physically active
- Choose a healthy diet
- Maintain healthy body weight
- Manage stress effectively
- Avoid tobacco, drug use and limit alcohol consumption
- Protect yourself from disease and injury
- Develop meaningful relationships
- Plan successful Career

### ROLE OF EXERCISE IN MAINTAINING HEALTH AND WELLNESS:

- 1) Better mood
- 2) Good Night's sleep
- 3) More energy
- 4) Less confidence
- 5) More confidence
- 6) Less Stress
- 7) More productive
- 8) Control weight
- 9) Exercise is good for muscles and bones
- 10) Exercise can reduce the risk of chronic disease

### HOW TO BUILD A BODY YOU CAN BE PROUD OF

- 1) Commit To Loving Your Body
- 2) Build a Sustainable Exercise Routine
- 3) Seek Professional Guidance
- 4) Try Before You Buy
- 5) Shoot For Balance
- 6) Focus on How You Feel
- 7) Stop Comparing Yourself to Others

### SMILE SCORE:

Smile score helps to analyse ourself healthy or not

- ◆ **S** - SLEEP ENOUGH (Did I rest today?)
- ◆ **M** - MOVE MY BODY (Did I exercise today?)
- ◆ **I** - INHALE AND EXHALE (Did I meditate?)
- ◆ **L** - LOVE AND CONNECT (Did I connect with some good one today?)
- ◆ **E**- EAT (Did I choose healthy food today?)

### CONCLUSION:

Wellness is an active lifestyle that incorporates several components that affects health (physical, mental and social wellbeing and not only the absence of disease). We need a healthy lifestyle to build up a healthy immune system and to avoid disease.

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