Good health and well-being



Good health and well-being …….. a person's quality of life throughout every stage of development. Many …….. contribute to healthy living, as health is not just the absence of ……... . It's a state of …….. , …….. and …….. well-being. To ensure good health, basic …….. must be met, such as access to ……., sanitation, and nutritious foods as well as quality …….. , medicines and ……... Well-being integrates both physical and mental ……... . It measures positive ……., positive functioning and …….. with life. Access to basic …….. and positive social relationships lead to higher levels of well-being. A person's well-being can …….. many …….. of their …….. from the way they perform at work to the …….. of their family …….. and social life. Good health and well-being …….. personal and …….. development. People who …….. healthy and have a …….. outlook on their life can live more …….. contribute more to their …….. , …….. and …….. .

LIVEWORKSHEETS