

## Good health and well-being



# Ensure healthy lives and promote well-being for all at all ages

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 .....