Subject: Health and Family Life

Topic: Health and Wellness- NOTES





Wellness is defined as a state of good health (physical, social, emotional and intellectual development). As you get older, it becomes more important for you to take responsibility for your wellness. Practicing healthy habits contributes to wellness and promotes a positive self- image. Health habits that contribute to wellness: - Exercise regularly to keep the body fit - Eat healthy foods and drink water daily - Get at least eight to ten hours sleep every night - Keep your body, hair, nails and teeth clean - Visit the doctor and dentist for regular checkups - Wash your hands often, especially before eating and after using the restroom. - Wear safety gear to protect the body from injury. There are community clinics and Government and Non-government Agencies that provide services and information to promote wellness.

LIVEWORKSHEETS

LIVEWORKSHEETS