

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.

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