

## HEALTH

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, according to the World Health Organization (WHO).

Maintaining good health involves a holistic approach that addresses various aspects of well-being. Here are some key points related to health:

- **Physical Health:** Regular exercise is essential for maintaining physical health. It helps improve cardiovascular fitness, build muscle strength, and support overall mobility. Adequate nutrition is crucial for providing the body with the necessary nutrients for optimal functioning. A balanced diet includes a variety of fruits, vegetables, lean proteins, and whole grains. Sufficient sleep is important for the body's recovery and overall health. Adults typically need 7-9 hours of sleep per night.
- **Mental Health:** Mental health is as important as physical health. It involves emotional, psychological, and social well-being. Managing stress, practicing mindfulness, and seeking support from friends, family, or mental health professionals are essential for maintaining good mental health. Mental health conditions, such as depression and anxiety, are common and treatable. Seeking help when needed is important.
- **Social Health:** Building and maintaining healthy relationships contribute to social well-being. Social connections provide emotional support and a sense of belonging. Participating in social activities and engaging with communities can positively impact mental and emotional health.
- **Preventive Care:** Regular health check-ups and screenings can help identify potential health issues early, enabling timely intervention and prevention. Vaccinations are crucial for preventing infectious diseases.
- **Lifestyle Factors:** Avoiding harmful behaviors such as smoking, excessive alcohol consumption, and substance abuse is key to maintaining good health. Limiting exposure to environmental hazards and practicing safe behaviors also contribute to overall well-being.
- **Healthcare Access:** Access to healthcare services is fundamental for addressing health concerns. Regular visits to healthcare professionals and adherence to prescribed treatments are important.
- **Global Health:** Global health initiatives focus on addressing health issues at a global scale, including infectious diseases, access to healthcare, and health equity.