

This image shows a full page of handwriting practice paper. It contains ten identical sets of horizontal guidelines arranged vertically. Each set is composed of three lines: a solid top line, a dashed middle line, and a solid bottom line, providing a structured space for practicing letter formation and alignment.

A full-page photograph of a young man and woman standing together in a forest. The man is on the left, wearing a grey beanie, a patterned sweater, and blue jeans with a black belt. The woman is on the right, wearing a grey beanie, a grey quilted jacket, and blue jeans. Both are wearing tall green rubber boots. They are standing on a pile of fallen leaves and branches. The background is a dense forest with trees showing vibrant autumn colors of yellow and orange. The lighting is soft and warm, suggesting a sunny day.

For us, as human beings, physical health means that we are well enough to take regular physical activity exercise, that we have good nutrition, and that we get adequate amounts of sleep.

[illegible]

In fact, we could exchange the term “physical health” for “physical wellbeing”. Physical wellbeing can be achieved by somebody who is committed to developing all health-related components and aspects of his or her lifestyle. People who achieve high levels of physical wellbeing need to be committed to physical fitness and this reflects a person’s muscular strength, flexibility, body composition and cardio respiratory endurance. Other factors which contribute to physical wellbeing include proper nutrition, hygiene, avoiding alcohol abuse, responsible sexual behaviour (sexual health), and bodyweight management.

Physical health can be categorised as follows:

Structural health – refers to muscles, organs, bones etc. The structures in the body should be strong flexible and supportive enough to allow the person to live an active and healthy lifestyle.

Good structural health is associated with a positive height to weight ratio, an appropriate BMI (body mass index), rapid or reasonably fast recovery rate after doing exercise and a low resting pulse rate.

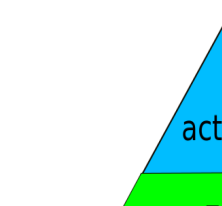


Chemical or 'physiological' health – good chemical health infers that the chemicals in our systems (such as the calcium levels in our bones, the sodium levels in blood, the amino acids etc.) are all at the correct levels

NOTES

This image shows a vertical page of white paper designed for handwriting practice. It features 20 sets of horizontal ruling lines. Each set consists of three lines: a solid light blue top line, a dashed light blue middle line, and a solid light blue bottom line. These sets are repeated down the entire length of the page, providing a guide for letter height and placement. The margins are consistent throughout.



A pyramid diagram representing Maslow's hierarchy of needs. The pyramid is divided into five horizontal sections, each with a different color and a label. From top to bottom, the sections are: blue (Self-actualization), green (Esteem), yellow (Love/belonging), orange (Safety), and red (Physiological).

Self-actualization

Esteem

Love/belonging

Safety

Physiological

This concept also reflects the work done by Candace Pert PhD, who is best known for her book 'The Molecules of Emotion' (see recommended reading list).

[illegible]



"The Cure of the part should not be attempted without treatment of the whole. No attempt should be made to cure the body without the soul, and, if the head and body are to be healthy, you must begin by curing the mind...This is the great error of our day in the treatment of the human body, that physicians first separate the soul from the body"

Plato is one of the world's best known and most widely read and studied philosophers. He was the student of Socrates and the teacher of Aristotle, and he wrote in the middle of the fourth century B.C.E. in ancient Greece. Though influenced primarily by Socrates, to the extent that Socrates is usually the main character

You, with your newfound knowledge could be instrumental in that!

[illegible]