

Digital Study Guide

Nutrition, Health, and Wellness



Health is a combination of physical, mental, and social well being:

- ▶ Physical health How well your body functions, having enough energy to perform your daily activities.
- ▶ Mental or emotional health
- ▶ your feelings and thoughts, how you cope with stress or deal with problems, the way you feel about yourself.
- ▶ Social: How you interact with society, work-place, family members, or friends.



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Wellness

- ▶ a multidimensional process, that includes physical, emotional, social, occupational, and spiritual health.
- ▶ Wellness is not an endpoint in our lives but is an active process we work on every day.



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