

SECTION

3

# HEALTH AND WELLNESS (PART ONE)



# PHYSICAL ACTIVITY AND HEALTH

## Health and Wellness

### INTRODUCTION

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Health is a broad and multifaceted topic that encompasses the overall state of physical, mental, emotional, and social well-being. It is a fundamental aspect of human life, as good health and a sense of well-being are essential for individuals to thrive and lead fulfilling lives.

At the core of health is the idea that proactive steps can be taken to maintain and improve one's health. This includes adopting healthy lifestyle habits, such as proper nutrition, regular physical activity, stress management, and preventive healthcare measures. By prioritizing these aspects, individuals can not only avoid or manage various health issues but also enhance their overall quality of life.

In this section, learners will be guided to identify, explain, describe, demonstrate and apply the knowledge of Health and Wellness in their daily lives. Through this lesson, learners will be able to take better care of their health and improve their general well-being.

#### At the end of this section, you should be able to:

- Identify and explain the pillars of health and how they influence life (Concept of health).
- Explain wellness, healthy and unhealthy lifestyle (concept of wellness and healthy lifestyle)

#### Key Ideas

- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
- The pillars of health are exercise, sleep and relaxation, good nutrition and drinking water.
- Do not wait until you are thirsty before you drink
- Choose foods based on their health benefits
- A healthy lifestyle refers to behaviour that reduce the risk of diseases, accidents and improves wellness.
- Unhealthy lifestyles are actions or behaviour that increase a person's likelihood of developing illness, injuries and even death.

# PILLARS OF HEALTH

The term 'health' is derived from an old English word 'hal', which means 'whole' or 'unharmmed.' In simple terms, health is a way of life, a practice that one pursues to make the body function at its peak. **Source:** Elite Care Health Centres, 2022.

## Concept of Health

Health is also a process of discovering (diagnosis of diseases, risk factors to illness and injuries) using, and protecting all resources within the bodies, minds, spirits, families, communities and the environment. **Source:** Hale, 2013.

Health emphasises more on the best possible functioning of the physical body. That means what one eats, how much is eaten and at what time food is eaten (which all constitute nutrition) is taken into consideration. How the body moves (exercise), and the absence of severe or long-lasting disease conditions are not left out.

## Meaning of Health

After defining health and discussing the concept of health, what does health really mean?

**Health** is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. **Source:** WHO, 1947

Pillars of health are things considered to be crucial to healthy living. They are:

1. Physical exercise
2. Sleep and relaxation
3. Good nutrition
4. Hydration (drinking enough water)

These pillars are discussed in detail below.

1. **Physical exercise:** Physical exercise refers to all voluntary movement of the body, including walking, cycling, active recreation and play which can be done at any level of skill and for enjoyment by everybody. Physical exercise involves all activities, at any intensity, performed during any time of day or night. It also includes incidental activity such as walking up the stairs to your room, classroom or to the bus stop, going shopping, washing a car, dancing, sweeping and weeding integrated into daily routines. Regular physical exercise improves health.

Physical exercise or activity helps to:

- a. manage weight
- b. reduce the risk of non-communicable diseases (heart diseases, diabetes etc.)
- c. strengthen bones and muscles

- d. improve the ability to carry out everyday activities
- e. reduce stress
- f. reduce depression and anxiety



Fig 3.1 Incidental activity Fig 3.2 Physical Exercise

2. **Sleep and relaxation:** Sleep is a period of relaxation. It is a period of diminished mental and physical activity during which consciousness changes or is transformed, and bodily activity is reduced to some level. During sleep, muscular activity decreases and reactions to the environment are considerably decreased. It is advised that people sleep for 7-8 hours every night. This helps to:

- a. reduce tiredness
- b. improve brain function and memory
- c. lessen anger and frustration
- d. facilitate healing



Fig 3.3 Sleep Fig 3.4 Relaxing with music

3. **Nutrition:** Nutrition is the process of giving and obtaining nourishment that the body need for proper health and growth. It entails the consumption, digestion, absorption, and assimilation of food and food nutrients. Diet refers to the foods and drinks that people choose to consume, whereas nutrients are chemical substances found in food that are essential to the body's optimal functioning and growth. Food is fuel for bodies. Eating well helps to promote overall health.

*The following factors contribute to healthy eating:*

- a. Choose foods based on their health benefits

- b. Add more fruit and vegetables to your diet daily
- c. Eat fruit and vegetables that are in season
- d. Increase daily intake of food from certain groups: whole grains, fat-free or low-fat milk and milk products
- e. Try to buy local, fresh and good quality ingredients
- f. Try to cook more from scratch and avoid takeaways or fast food where possible



Fig 3.5 Whole grains Fig 3.6 Vegetables



Fig 3.7 Fruits Fig 3.8 Starchy roots and plantain

**4. Water:** Water is a transparent liquid with no color, flavor, or odor that is used for drinking, cooking, and cleaning. Drinking plenty of water every day is essential for healthy health. Make it a habit to drink water at regular intervals throughout the day. The normal recommendation is to drink two liters (8 glasses) of water each day, but this might vary based on the season and the type of activities/work an individual engages in. Water has the ability to heal the body and benefits it in several ways.

For example:

- a. Water aids in digestion
- b. Water helps the body to absorb important nutrients from food
- c. Water gets rid of poisons and waste from the body through urine, sweat and bowel movements
- d. Water hydrates the skin, fights aging and wrinkles naturally

- e. Water helps the body to maintain normal temperature
- f. Water helps lubricate and cushion joints
- g. Water helps circulate food nutrients around the body
- h. Water helps prevent constipation
- i. Water helps prevent kidney stones



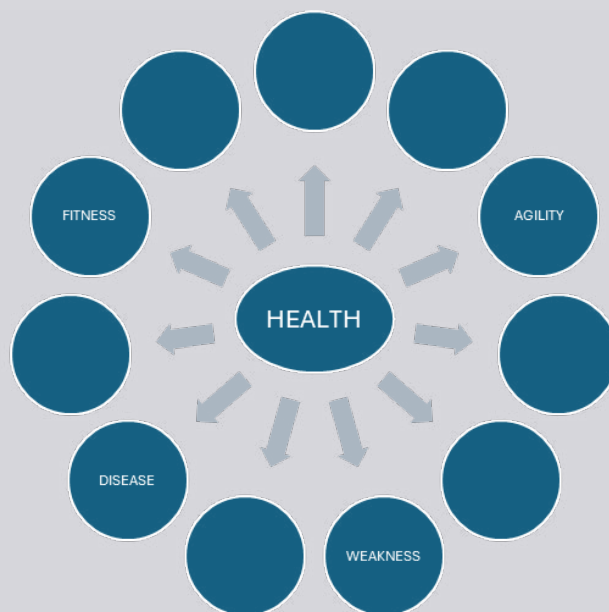
**Fig 3.9:** Do not wait until **Fig 3.10** water a beverage for champions

you are thirsty before you drink

Sources : <https://www.medicalnewstoday.com>, <https://health.ucdavis.edu>

### Activity 3.1

1. Write down as many words as you can that relate to health and wellness. A Circle may take more than one word as possible from the word search.



2. Classify the circled words under the following.

DESIRABLE HEALTH	UNDESIREABLE HEALTH
1. Fitness	Weakness
2. Agility	Disease
3.	
4.	
5.	
6.	
7.	
8.	

3. Using internet, discuss the meaning of health.

Meaning of health

4. Prepare short notes on the following to be presented to classmate.

i. Pillars of health:

ii. Factors to consider when planning daily meal:

iii. Why is it important to drink water:

Why is it important to sleep or relax:

## Extending Reading

1. Use these supplementary materials from the internet by clicking on them.
  - a. [www.medicalnewstoday.com](http://www.medicalnewstoday.com)
  - b. [www.who.int](http://www.who.int)
  - c. [https://www.physio-pedia.com/The\\_Concept\\_of\\_Wellness](https://www.physio-pedia.com/The_Concept_of_Wellness)
  - d. <https://iawpwellnesscoach.com/wellness-coaching/health-and-wellness/>

## WELLNESS AND HEALTHY LIFESTYLE

**Recap:** *In your previous lesson we explored the pillars of health and exposed you to why you should exercise, eat well, sleep, relax and drink enough water daily. This lesson looks at wellness and healthy lifestyles. These will expose you to the pivotal role of healthy living to enhance various aspects of your daily life.*

*To effectively help achieve the full benefits of wellness and a healthy lifestyle for quality living, you should explore the following thematic areas; the meaning of wellness, a healthy lifestyle, an unhealthy lifestyle, and examples of healthy and unhealthy lifestyles and the importance of living a healthy lifestyle. The understanding and application of the knowledge acquired will go beyond the confines of family and cooperative living.*

### Meaning of Wellness

Wellness may be defined as:

- a. Wellness is an attitude that enables people to develop healthy habits daily to attain better physical and mental health.
- b. Wellness is also an active process through which individuals become aware of themselves and what can positively or negatively affect them, thereby, making informed choices towards a more successful existence (American National Institute of Wellness).
- c. Wellness is achieved by practicing a healthy lifestyle, making choices and lifestyle changes, controlling and eliminating unhealthy behaviours that can endanger one's health. (Power, Dodd, & Noland, 2006).

**A Healthy Lifestyle:** A healthy lifestyle is defined as actions or behaviours that lower the risk of disease and accidents while also improving overall wellness.



**Fig 3.11** A healthy lifestyle produces a joyful home.



Examples of healthy lifestyle factors that enhance wellness:

1. Practice personal hygiene
2. Practice safe sex
3. Socialise with supportive friends and family etc. (Engage learners to come up with more examples)

**Unhealthy lifestyle:** An unhealthy lifestyle refers to actions or behaviours that increase a person's likelihood of developing illness, injuries and even death.



Fig 3.12 Bad behaviours to avoid.

## Examples of Unhealthy Lifestyle Factors that affect Wellness:

1. **Drinking alcohol:** It can cause liver damage, stroke, heart disease and cancer
2. **Smoking:** This may lead to lung cancer, respiratory conditions, dental problems, vision loss and cardiovascular diseases
3. **Having unprotected sex:** This can lead to the contraction and spread of sexually transmitted diseases/infections
4. **Self-medication:** This is taking medicines without a doctor's prescription. This may lead to taking wrong medication for the right health condition, incorrect diagnoses, incorrect dosage of medicine and medication misuse
5. **Prolonged screen time:** This is spending too much time sitting and viewing TV, working on the computer or phone. This can lead to eye strain, headaches, neck and shoulder pain, dry eyes, blurred vision which can contribute to the development of nearsightedness and sedentary lifestyle which may increase the risk of obesity and its related health issues

## Importance of Living a Healthy Lifestyle:

1. **Prevention of diseases:** Living a healthy lifestyle can reduce the risk of various diseases, including those that may run in your family
2. **Saves money:** It is good to have annual check up to know your health status
3. **Lengthens lifespan:** Basic healthy lifestyle habits are connected with living a longer life



**Fig 3.13** Wash hands always Fig 3.14 Avoid self-medication

### Activity 3.2

1. Write down as many terms as possible that are related to wellness and healthy living/lifestyle.

2. Discuss with a friend the explanations for each term.

3. Write down at least 3 factors that leads to a healthy lifestyle.

4. Write down at least 3 factors that leads to an unhealthy lifestyle.

### Extended Reading:

Use these supplementary materials from the internet by clicking on them.

- a. [www.merriam-webster.com](http://www.merriam-webster.com)
- b. [www.healthline.com](http://www.healthline.com)
- c. [www.lindenwood.edu](http://www.lindenwood.edu)

# REVIEW QUESTIONS 3

## REVIEW QUESTIONS 3.1

1. State the meaning of health
2. What factors should be considered when planning a daily meal?
3. Explain the pillars of health
4. Why is it helpful to drink water regularly?
5. Why is it important to sleep or relax?

## REVIEW QUESTIONS 3.2

1. Define wellness
2. Outline the importance of living a healthy lifestyle
3. Describe the benefits of living a healthy lifestyle
4. Discuss negative behaviours that can result in bad health amongst young people

# ANSWERS TO REVIEW QUESTIONS 3

## ANSWERS TO REVIEW QUESTIONS 3.1

1. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
2. The following factors should be considered when planning a daily meal:
  - Choose foods based on their health benefits
  - Add more fruit and vegetables to your diet daily
  - Eat fruit and vegetables that are in season
  - Increase daily intake of food from certain groups: whole grains, fat-free or low-fat milk and milk products
  - Try to buy local, fresh and good quality ingredients
  - Try to cook more from scratch and avoid takeaways or fast food where possible
3. Pillars of health are:
  - **Physical exercise:** Physical exercise refers to all voluntary movement of the body, including walking, cycling, active recreation and play which can be done at any level of skill and for enjoyment by everybody.
  - **Sleep and relaxation:** Sleep is a period of rest. It is a period of reduced mental and physical activity in which consciousness is changed or altered and bodily activity is withdrawn to some extent.
  - **Nutrition:** Nutrition is the process of providing and obtaining the food necessary for good health and growth of the body. It involves ingestion, digestion, absorption and assimilation of food and food nutrients.
  - **Water:** Water is a clear liquid that has no colour, taste or smell that is used for drinking, cooking and washing. Drinking enough water daily is key to good health. Hence, make it a habit to drink water regularly throughout the day.
4. It is important to drinking water regularly because;
  - Water hydrates the skin, fights aging and wrinkles naturally
  - Water helps the body to maintain normal temperature
  - Water helps lubricate and cushion joints
  - Water helps circulate food nutrients around the body
  - Water helps prevent constipation, etc.
5. It important to sleep or relax because;
  - It reduces tiredness

- Improves brain function and memory
- lessen anger and frustration
- It helps facilitate healing

## **ANSWERS TO REVIEW QUESTIONS 3.2**

- 1.** Wellness is an attitude that enables people to develop healthy habits daily to attain better physical and mental health.
- 2.**
  - Prevention of diseases
  - Saves money
  - Lengthen lifespan
- 3.**
  - Living a healthy lifestyle can reduce the risk of various diseases, including those that may run in your family.
  - It is good to have annual check up to know your health status
  - Basic healthy lifestyle habits are connected with living a longer life
- 4.** Smoking, excessive intake of alcohol, drug abuse and misuse, living in filthy surroundings etc.

## References

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