



DAV PUBLIC SCHOOL SECTOR 14 & 10A GURUGRAM
“ DAV WELLNESS”
Monthly Newsletter (October 2024)

PHYSICAL HEALTH

Dear Students,

Physical health can be defined as the normal functioning of the body. It is about how your body grows, feels and moves, how you care for it and what you put into it.

Physical health is closely linked to mental health. It is often taken for granted and it is not until we are sick or injured that we put time and energy into looking after our physical health. It is important to monitor your overall physical health regularly.

The Four Pillars of Health:- Sleep, Nutrition, Physical activity and Connection.

- **Sleep (and recovery):-** Sleep is one of the most underrated tools to enhance health and performance. Getting adequate sleep helps to prevent excess weight gain, heart disease, illness and disease. Rest and recovery after stressful activity, both mentally and physically is important as it enables the body to repair itself and be fit and ready for another day.
- **Nutrition:-** Adequate and appropriate nutrition helps support performance, recovery, mental clarity and overall mood.
- **Physical Activity:-** The body is designed to move. Lack of exercise decreases range of motion within the body's joints causing pain and dysfunction. It also contributes to a decline in physical, mental and physiological health. Sedentary behaviour can lead to a variety of health problems.

Six Strategies for improving your Physical Health:-

1. **Get Active:-** Sedentary behaviour has been linked to many medical problems. Moving more and sitting less can have major health benefits. Even a little activity at a time helps. Every minute counts.
2. **Maintain your muscles:-** Building muscles helps you keep up the activities you enjoy at any stage of your life. Strength training activities are recommended for all the major muscle groups two or more days a week for adults and three days for kids.
3. **Maintain a healthy body weight.**
4. **Mind your metabolism.**
5. **Eat a healthy diet.**
6. **Build healthy habits:-** Making healthy choices can help us feel better and live longer.

GOOD HEALTH IS THE FOUNDATION OF A HEALTHY AND PRODUCTIVE LIFE