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Health and Wellness Six Components of
Health 4. Mental Health is the ability to

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recognize reality and cope with the demands of daily life. 5. Spiritual Health involves having spiritual direction and purpose. This includes living according to one's ethics, morals, and values. 6.

Chapter 1 Leading a Healthy Life

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basal metabolic rate (BMR) Overweight.
the body's physical response to the need
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Health and Wellness Six Components of
Health • Health is the state of well being

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in which all the components of health are in balance. • Health may be categorized into six components: physical, emotional, social, mental, spiritual, and environmental.

Ch_01_LeadingAHealthyLife - Lifetime Health

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