Physical health

Physical health is defined as the condition of your body, taking into consideration everything from the absence of disease to fitness level.

Physical health is critical for overall well-being, and can be affected by:

- Lifestyle: diet, level of physical activity, and behaviour (for instance, smoking);

- Human biology: a person's genetics and physiology may make it easier or harder to achieve good physical health;

- Environment: our surroundings and exposure to factors such as sunlight or toxic substances;

- Healthcare service: good healthcare can help prevent illness, as well as detect and treat illness.