


Chapter 19


Physical Health: Wealth for a Successful Student

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ABSTRACT

Students overall well-being and academic performance are significantly influenced by their physical health. The whole chapter offers students a sequential and full roadmap for physical well-being that can support academic success. Each topic is interrelated to each other in bringing up the academic success of a student. It focuses on fundamentals of healthy lifestyle: which includes nutrition and maintenance of diet, regular exercises, quality sleep and management of stress which in turn will impact physical health and academic performance. The main mission of this chapter is to promote physical health among students on a regular basis. The mutually beneficial relationship between good physical health and academic achievement signifies a holistic educational strategy in which students are motivated to put their health first in order to succeed academically and personally. This chapter gives the importance of physical health in academic achievement, and the relationship between physical health, mental health and overall wellbeing.

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INTRODUCTION TO PHYSICAL HEALTH

Physical wellness commonly referred to as physical health, which covers more than just staying fit. It represents one dimension of overall well-being. It is closely associated to the mental health and an essential part for leading a better life. The concept of physical health varies from person to person. Physical health is always been synonymous to wellbeing and health. This is usually taken granted by all of us, until we are sick, ill or injured. It includes how well your body organs and body systems function. Every individual's range of physical health is different and unique regardless of factors like disease, disability and age. Physical health is a metabolic and cognitive state that involves the absence of disease. To have a good physical health, one needs to incorporate various factors like sports, nutrition and adequate sleep which enable them to lead a great life with maximum efficiency and functionality. Physical health is intricately linked to other dimensions of well-being, including mental health and social health. All these aspects mutually influence and impact each other indirectly. Some of ways to manage physical health are quality sleep of 8-9 hours, good balanced nutrition, regular physical activity, proper hygiene and relaxation to the body. Physical activity can improve the capacity to carry out daily tasks, strengthens bones and muscles, balance the weight of the body and lowers the risk of diseases such as heart strokes, certain cancers etc., Moreover, physical activity is noted as an important key factor of academic performance. Regular physical activity helps to improve blood circulation and oxygen flow to the brain, thereby enhancing cognitive functions such as memory, attention, and problem-solving skills. Exercise has been shown to stimulate the release of neurotransmitters like dopamine and serotonin, which can have a positive impact on mood and motivation, making it easier for students to focus on their studies and maintain a positive attitude towards learning. It has been found to increase concentration, reduce stress and anxiety, and improve self-esteem and overall mental health of the body. Most of the research studies have also shown that there is a positive correlation between brain development and exercising.

The Relationship between Physical Health, Mental Health, and Overall Well-being.

There is a complex relationship between mental, physical, and overall well-being. These three aspects of health are closely related to each other and have a significant impact on an individual's overall well-being and quality of life. One aspect that significantly influences mental health is physical health. A balanced diet, consistent exercise, and enough sleep all support physical wellbeing. Exercise can improve self-esteem; reduce symptoms of anxiety and depression, and give one a

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