

DIMENSIONS OF HEALTH EXERCISE

Health – *being sound in body, mind, and spirit*

There are six dimensions of health:

1. **Physical** – a continuum that goes from optimal health to death
2. **Psychological** – includes emotional and mental states, feelings and thoughts
3. **Spiritual** – belief in some meaning or order in the universe, or higher power that gives great significance to individual life
4. **Social** – ability to develop satisfying interpersonal relationships and to experience a sense of belonging
5. **Intellectual** – ability to critically think through life experiences and maintain openness to new ideas
6. **Environmental** – the impact your world has on your well-being

Assess your life as it relates to each of the six dimensions of health. Decide which area(s) you would most like to improve on and develop your plan.

My life relates to:

Physical Health

Psychological Health

Spiritual Health

Social Health



Intellectual Health

Environmental Health

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