

Wellness, Fitness, and Lifestyle



Learning Goals

By the end of this lesson, I will be able to..

- Understand the meaning of “wellness.”
- Identify 6 parts of wellness.
- Recognize healthy and unhealthy lifestyle choices.
- Use English to describe personal wellness habits.

What is Wellness?

- **Wellness** = being healthy in body and mind
- Wellness is not only no sickness
- It means feeling good and having energy

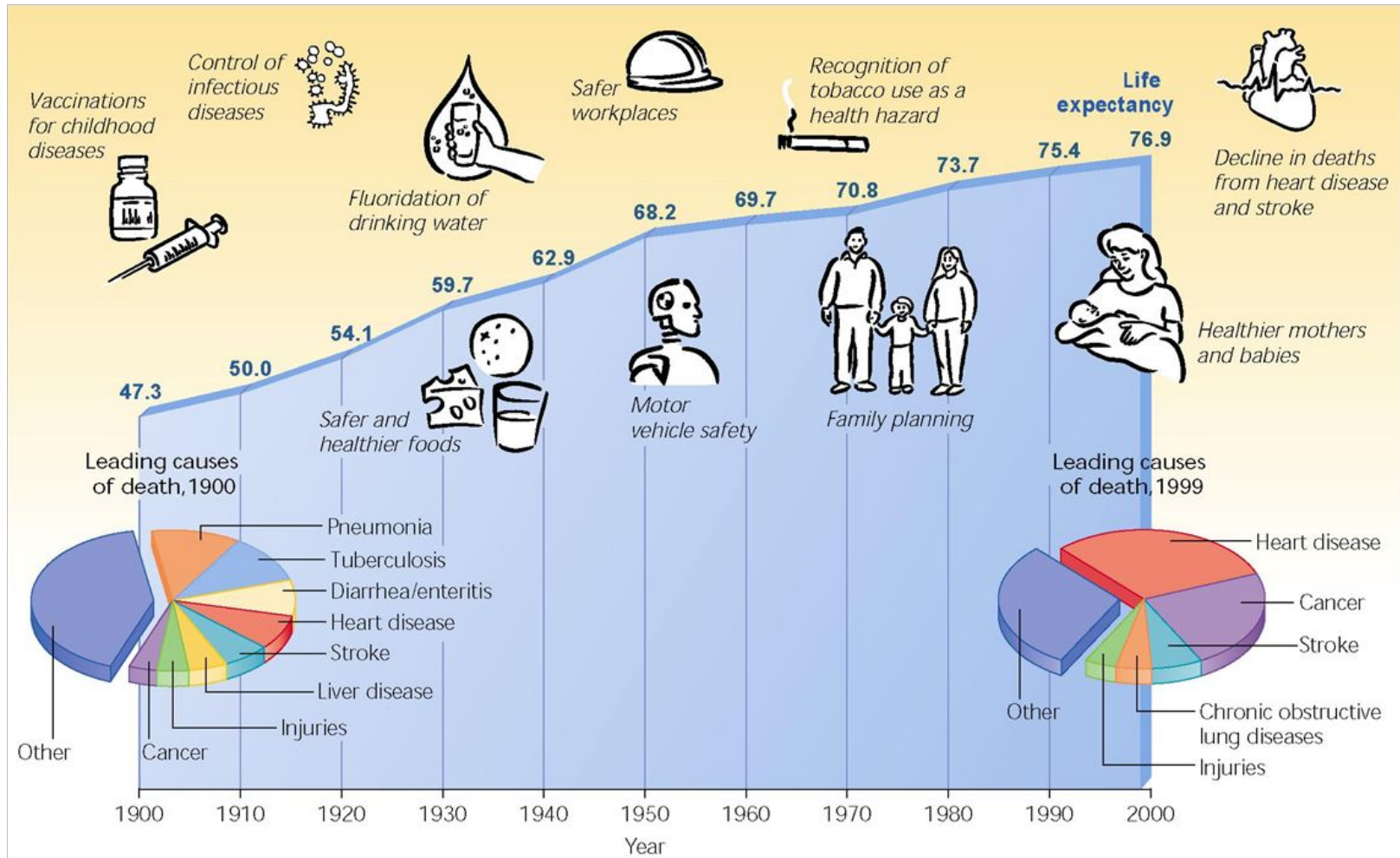
6 Parts of Wellness

- **Physical** = exercise, food, sleep
- **Emotional** = feelings, stress
- **Intellectual** = learning, reading
- **Spiritual** = beliefs, purpose
- **Social** = family, friends
- **Environmental** = safe and clean space

Why is Wellness Important?

- In the past: many people died from infections
- Now: many people die from long-term sickness (heart, cancer, diabetes)
- Our lifestyle choices are very important

Public Health Achievements



Healthy Habits



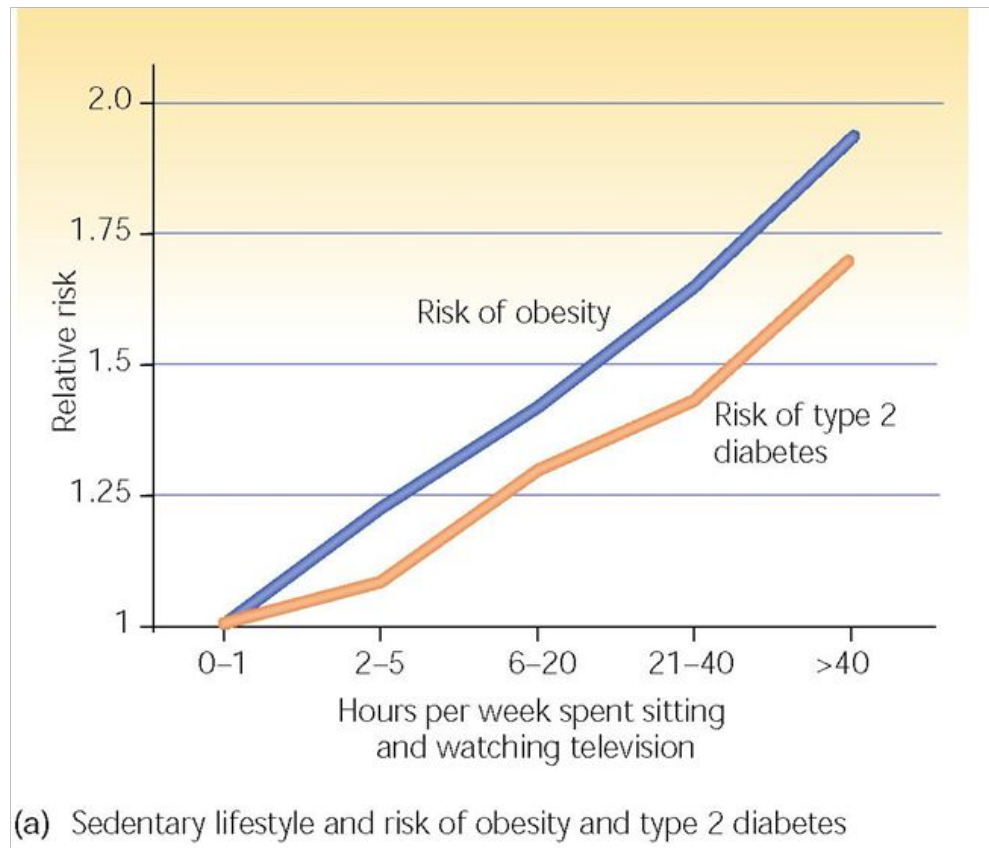
- Move every day
- Eat fruits and vegetables
- Sleep 7–9 hours
- Do not smoke or use drugs
- Limit alcohol
- Stay safe and protect your body



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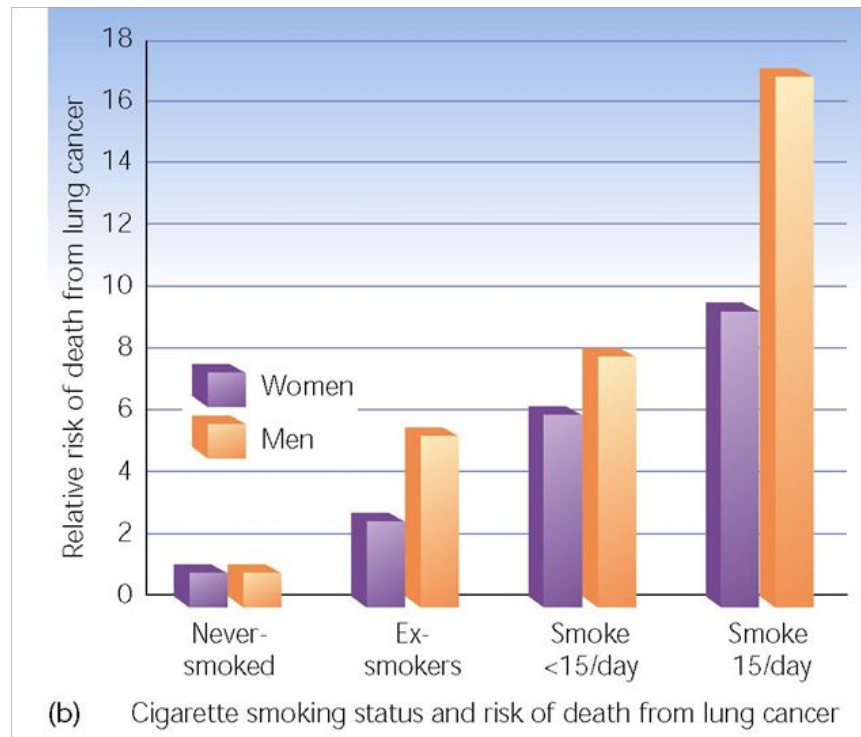
Unhealthy Habits

- Too much TV/phone or sitting



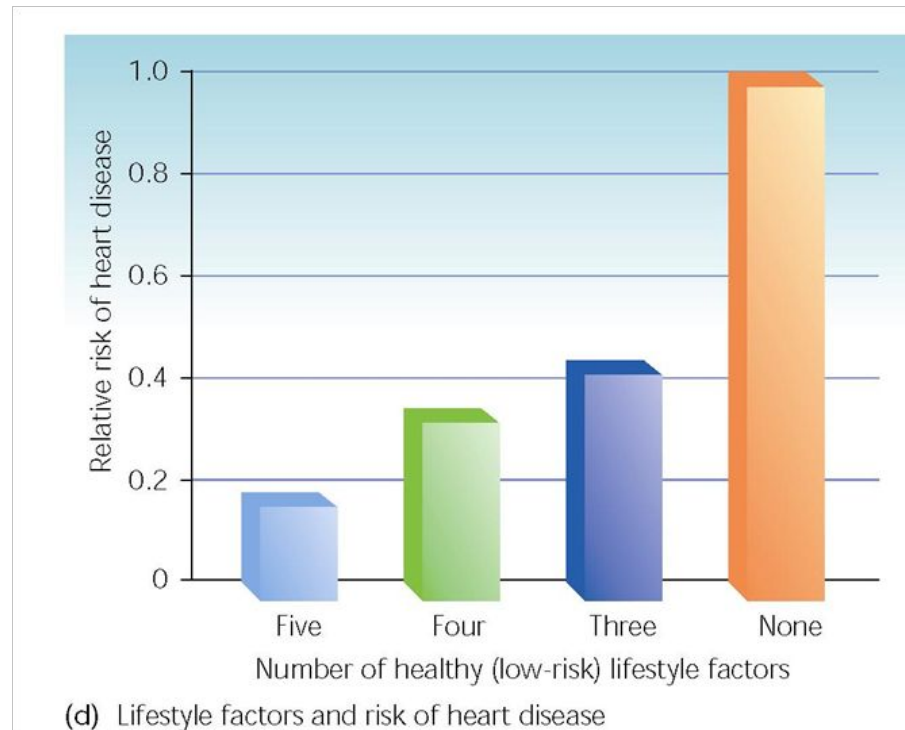
Unhealthy Habits

- Smoking/Vaping → lung problems



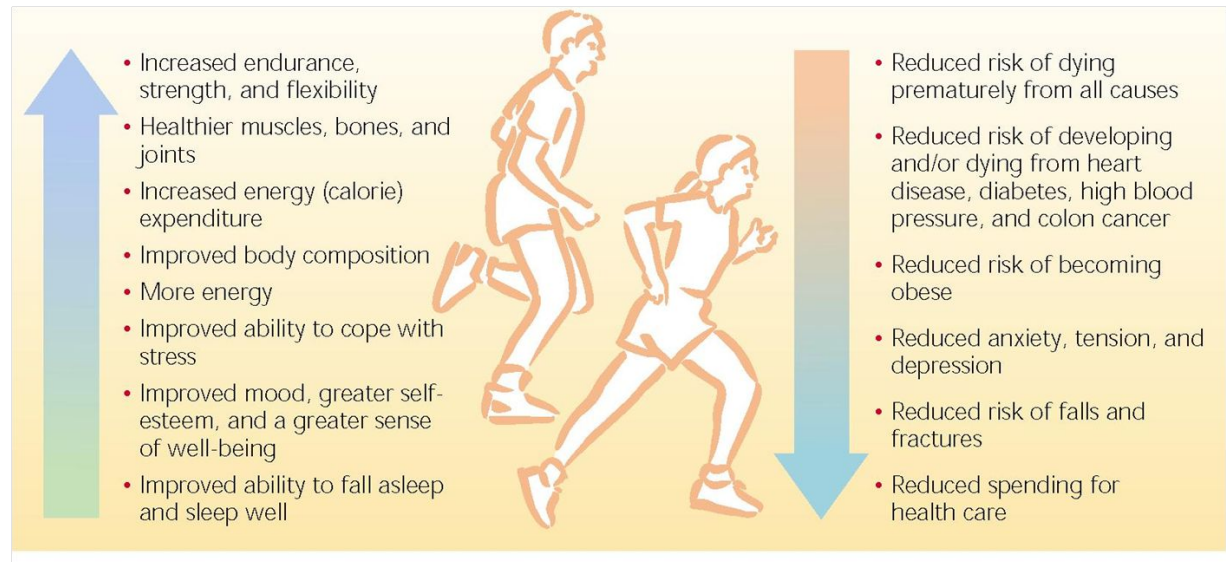
Unhealthy Habits

- Few healthy habits → higher risk of sickness



Benefits of Physical Activity

- Stronger body and bones
- More energy
- Better sleep
- Less stress and sadness
- Lower risk of sickness
- Feel happier and confident



Other Factors of Wellness

- Family history (heredity)
- Environment (home, school, work)
- Health care (doctors, hospitals)

How to Improve Wellness

- **Step 1:** Check your health habits
- **Step 2:** Pick one habit to change
- **Step 3:** Make a SMART goal (clear and possible)
- **Step 4:** Believe you can do it
- **Step 5:** Ask for support
- **Step 6:** Reward yourself!

Activity: Class Discussion

- Question: What do you do to stay healthy?

I stay healthy by _____.

Check Your Understanding

Worksheet (10 min)

Activity: Group Poster (15 min)

- Work in groups of 3–4
- Choose 3 parts of wellness
- Make a poster with pictures or drawings
- Write 2–3 sentences to explain

Activity: Individual Wellness Wheel

Reflect on your overall wellness by assessing different areas of your life and visualizing them in a “Wellness Wheel”

- You will divide the circle into sections, with each section representing one area of wellness.
 - Big portion = high score / strong wellness
 - Small portion = low score / area needing improvement
- Label and colour your sections with different colours.
- Write 1-2 examples in each section that show why you gave yourself that score. For example,
 - Physical: “Exercise 4x/week, eat healthy most days”
 - Emotional: “Sometimes stressed with homework, but talk to friends”

Assignment

Personal Wellness Plan

Due: Monday, September 8, 2025