

<b>PHYSICAL HEALTH</b>	<b>BENEFITS</b>
<b>BEING ACTIVE</b>	Releases Feel Good Hormones, Such As Dopamine. Improves Sleep, Strengthens Muscle Bones, Improves Flexibility In Joints
<b>NOT SMOKING</b>	Greater Life Expectancy, Reduces Stress Levels, Less Likely To Have Ill Health,
<b>EATING A HEALTHY BALANCED DIET</b>	Improves Mood, More Energy, Sleep Improves

<b>INTELLECTUAL HEALTH</b>	<b>BENEFITS</b>
<b>MEMORY</b>	Improves When You Exercise, Have Less Stress, And Have Fun
<b>PROBLEM SOLVING</b>	Improves Resilience, Deal More Effectively With Stress
<b>CREATIVITY</b>	Increases Problem Solving, Productivity And Engaging With Others

<b>EMOTIONAL HEALTH</b>	<b>BENEFITS</b>
<b>POSITIVE THINKING</b>	Builds Resilience In A Person, Better Outlook On Life In General Improves Confidence, And All Round Well Being
<b>CHEERFUL AND ENTHUSIASTIC</b>	Helps You To Feel Good About Yourself, More Energized And Focussed
<b>FEELING RELAXED</b>	Reduces Stress

<b>SOCIAL HEALTH</b>	<b>BENEFITS</b>
<b>HAVING SUPPORTIVE FRIENDS</b>	Someone To Confide In, May Cheer You Up Share Fun Times, Enrich Your Life, You Can Help Them, Which Will Make You Feel Good, Sense Of Belonging & Self Worth
<b>HELPING OTHERS</b>	Gratifying, Satisfaction, Releases Feel Good Hormones
<b>LEARNING NEW SKILLS</b>	Boosting Self Confidence & Raises Self Esteem, Helps Build A Sense Of Purpose, Helps You To Connect With Others