



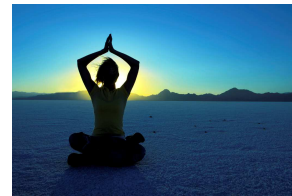
# Wellness Buddy Wednesday Tip

## Fitness Contributes to All Aspects of Health & Wellness

### Physical Health

**Fitness:**

- Makes physical activity easy to perform
- Promotes rest, relaxation, sleep, and healing
- Aids weight control
- Contributes to nutritional health
- Enhances disease resistance
- Strengthens accident resistance



### Mental, Emotional, and Spiritual Health

**Fitness:**

- Strengthens resistance to depression and anxiety
- Strengthens defenses against stress
- Allows freedom from drug abuse
- Enhances self-esteem
- Enhances ability to learn
- Raises self-confidence
- Instills joy in life
- Inspires courage to face challenges

### Social Health

**Fitness:**

- Provides social opportunities
- Enhances intimate relationships
- Strengthens family ties
- Opens the way for social support
- Encourages citizenship
- Enhances energy for productive work

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**Nutrition & physical fitness** *are our mission!*