

## Level 1 Unit HN1: Improving Physical Health and Well-being

### 1.1 Identify factors that may influence physical health and well-being:

Explain that physical health and well-being can be influenced by a range of factors such as genetics, age, lifestyle choices, environment, access to healthcare, and socio-economic factors.

Give examples of how each of these factors can affect physical health and well-being, such as genetics predisposing someone to certain conditions, environmental factors like pollution affecting respiratory health, or socio-economic factors like poverty limiting access to healthy food options and healthcare.

### 1.2 Describe factors that can influence an individual's decision to have a healthy lifestyle:

Explain that an individual's decision to have a healthy lifestyle can be influenced by a range of factors such as personal beliefs, cultural and social norms, availability of resources, and peer pressure.

Give examples of how each of these factors can influence an individual's decision to have a healthy lifestyle, such as personal beliefs in the benefits of exercise and healthy eating, cultural norms that value certain types of food or physical activities, or peer pressure to engage in unhealthy behaviours like smoking or excessive drinking.

### 2.1 Identify how an individual may improve health and well-being:

Explain that there are many ways individuals can improve their health and well-being, such as through regular exercise, healthy eating habits, getting enough sleep, reducing stress, and avoiding harmful substances like tobacco and alcohol.

Give examples of how each of these strategies can improve health and well-being, such as exercise improving cardiovascular health and reducing stress, healthy eating habits providing essential nutrients and reducing the risk of chronic diseases, and getting enough sleep improving cognitive function and overall mood.

### 2.2 Plan how to improve physical health and well-being:

Explain the importance of setting specific, measurable, achievable, relevant, and time-bound (SMART) goals when planning to improve physical health and well-being.

Encourage individuals to identify areas where they would like to improve their physical health and well-being, and to set SMART goals to achieve these improvements.

Provide resources and support to help individuals achieve their goals, such as access to healthy food options, exercise classes, or mental health counselling if needed.

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