

### **Nutrition and Physical Fitness Worksheet**

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Using the text for this course, the University Library, the Internet, and/or other resources, answer the following questions. Your response to each question should be between 75 to 100 words in length.

**How does a healthy lifestyle affect self-image and self-esteem?**

Several things going on side by side to make a healthier person is what we call a healthy lifestyle. Your self-esteem is affected to a great extent in this because when you are feeling that you are strong and good then the mind and the body get a positive vibe. Self-esteem helps you feel good about you as well as the others. You find your life so enjoyable that you go out there and smell the freshness of the flowers. Everything from your mind to your physio enters into a good zone of exercise and you start feeling excellent about the way your life is. Environmental health, social health, spiritual and intellectual health, emotional and physical health - all these are the parts of a healthy life style. The six components work side by side rather than working as one single component to make a healthy way of living, and the self-esteem and the self-image get a positive boost up.