

Health

A state of physical, social, mental, and spiritual well-being.

Fitness

The ability of your mind and body to work together to their highest possible level

Body

The material structure (cells, tissues, organs, and systems) of a living being.

Soul

Your mind, your memory, your will, and your emotions

Spirit

The eternal, life-giving force capable of forming a relationship with God and with other people

Physical Health

Fitness of your body organs and functions

Social Health

Fitness of your relationships with family, friends, and community.

Mental Health

Fitness of your ability to think, to reason, to choose, and to plan

Spiritual Health

Peace, joy, and contentment from knowing that you are in a right relationship with God and His creation.

Heredity

Traits received from your biological parents and encoded in your genes such as appearance and natural aptitudes

Environment

Influences from outside a person which shape and mold a person's abilities, habits, thoughts, and personality.