

Question 18 (7 marks)

Explain a range of factors that can impact on health and wellbeing.

7

There are a range of factors that can help impact on a person's health and wellbeing such as:

- Eating healthy eating
Fruit and veg and raw nuts
- getting all your vitamins
Fibra, calcium, ~~water~~ etc
- Drinking 2L water per day
- 30 min exercise
- Being out in the sun
helps not getting depression
- Socialising with friends and family.
- getting regular check ups at the doctors.
- Being active.

Doing all these dot points should help your health and wellbeing.