

**Question 18** (7 marks)

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

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There are many factors that can impact on an individual's health and wellbeing. Some factors for health could be an unhealthy diet, lack of good nutrients, poor diet, drinking alcohol and soft drinks, smoking, too much caffeine and glucose in diet, not enough vegetables and fruit in diet. These are all factors that could potentially harm your body and your health.

Some factors for wellbeing that can impact on an individual could be lack of exercise, under pressure and/or stress, poor diet, lack of social interaction, lack of time management. All these factors play a big role in relation to an individual's wellbeing.

All the factors listed above play a huge role in an individual's health and wellbeing in both the need to be healthy but also to live a stress-free life.