

# Physical Wellness

Version 2

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Physical Wellness is how you take care of your body and listen to what it is telling you so that you can optimize your health. Maintaining your physical health and Wellness can be achieved by:

- Regular exercise – [Athletics & Recreation](#)
- Balanced nutrition
- Sleep patterns
- Safe sexual health – [Gender-Based Sexual Violence information](#)
- Illness prevention – [Seneca Medical Centre](#)
- Stress management
- Take advantage of sunlight; spend more time outside

Implementing these important steps into your daily life not only improves your physical health, but also your mental health.