



1. Health

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Health is a resource

- We all have good days and bad days, but good health is a **resource** that helps us to pull through
- Good health allows us to attend many hobbies and hang out with friends
- Healthy human is content with his/her life decisions and has positive approach towards life in general
- Healthy human performs well

Health is well-being

Social well-being

- Healthy human feels well



Physical well-being

Mental well-being

Who is healthy?

- Perfect health must be impossible to attain
- Essential is how individuals perceives their health
- Despite any medical condition individual undergoes, **perceived health** is the key of well-being

Safety is prerequisite of health

- Environment without imminent dangers increases safety
- In Finland children and youth may usually spend their spare time without any environmental threats
- Feelings of insecurity usually arouse when in danger
- On the other hand **perceived security** depends on the trust that individual has in his capability to survive in different contexts

Ponder this...

- How does the perceived health change when you age?
- Is that what you consider well-being now the same when you're older?

