

Physical

Physical wellness is an often tricky concept, and the wellness dimension to most likely be confused as a one size fits all approach when considering what physical health, activity levels, and even body type and size mean to each individual. Generally speaking, physical wellness involves maintaining a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress. Physical wellness is not only the absence of illness, but also living a thriving, active life - whatever that activity level is for each person. Adopting healthful habits (i.e., routine medical exams, immunizations, a balanced diet, daily exercise of some type, sufficient rest and managing stress, etc.) while avoiding or minimizing higher risk choices and behaviors (i.e. tobacco, drugs, alcohol, etc.) are also included in this dimension.

Sometimes there may be limitations and factors beyond our control (like access to resources, physical ability, comfort level, financial state, and perceptions of healthcare) that impact the ability of individuals to participate in healthy habits that would most benefit them. It is important to advocate for equitable access to wellness resources within our communities so that we can all better our physical well-being, which ultimately supports our emotional, spiritual and social states of wellness.

At Student Wellness, we understand that current systems that address physical fitness prioritize certain kinds of bodies, and we want to help students reach their own, individual physical wellness goals by avoiding stereotypes or commercial ideas of fitness and instead embracing a balanced life of nutrition, activity and rest that works most optimally for you.

Enhance your physical health by taking advantage of resources offered by Student Wellness and around campus.

At Student Wellness

- Visit our [sexual health educators](#) [1] to get tested for STIs, chat about contraception, and learn to take control of your sexual wellness
- Learn more about managing your alcohol intake from our [Alcohol & Other Drug Specialists](#) [2]

On Campus

- Feeling sick or need a preventative care appointment? Head over to [Campus Health Services](#) [3].
- Want a consult on your nutrition goals? Visit this [web resource](#) [4] first, then contact [Annie](#) [5] for a private appointment by calling 919-966-2281.
- Exercise at [Campus Recreation](#) [6]
- Join an [intramural sports team](#) [7] or [sports club](#) [8]
- Check out the [Carolina Outdoor Education Center](#) [9]

Source URL: <https://studentwellness.unc.edu/about-us/dimensions-wellness/physical>

Links

[1] <https://studentwellness.unc.edu/programs/share/relationship-wellness>

[2] <https://studentwellness.unc.edu/our-services/alcohol-and-other-drugs-prevention-and-intervention-services>

[3] <http://campushealth.unc.edu/>

[4] <https://campushealth.unc.edu/services/nutrition-services>

[5] <https://campushealth.unc.edu/about-us/our-staff/annie-penrose>

[6] <http://campusrec.unc.edu/>

[7] <http://campusrec.unc.edu/intramural-sports>

[8] <http://campusrec.unc.edu/sport-clubs>

[9] <http://campusrec.unc.edu/outdoor-recreation>