**Physical Health Resources**

<https://www.nih.gov/health-information/physical-wellness-toolkit>

<https://www.nutrition.gov/topics/exercise-and-fitness>

<https://health.gov/moveyourway>

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

<https://www.mindtools.com/pages/videos/health-wellbeing-work-transcript.htm>

<https://www.betterup.com/blog/physical-well-being-and-health-what-it-is-and-how-to-achieve-it>

<https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important>

<https://www.healthline.com/health-news/how-improving-your-mental-health-will-help-your-overall-physical-health>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>