

# Health and Vitality

The positive health domain of wellbeing not only includes the absence of illness, but also a person's perception of their health, feeling physically healthy, having a subjective sense of physical vitality, and having sufficient strength and energy for their daily activities" (Seligman, 2011; Kern, in press, p.10). According to Piko and Bak(2006), children recognize these different aspects of health, that it is not only the absence of illness, but involves exercise, eating healthy, cleanliness, and a feeling of strength. In the same study, children also recognized the impact of physical health on their mental, emotional, and social wellbeing. A few children shared that being healthy brings them happiness and joy, while others shared that being healthy allows them to spend time with friends (Piko & Bak, 2006). One child shared that "Health is the most important thing to maintain your life" (Piko & Bak, 2006, p. 647). Though children and adolescents may recognize the importance of health, it is still important to help them develop skills and habits that will contribute to a healthy lifestyle. The interventions in this section are intended to guide teachers and school leaders in promoting student health and vitality.

## References:

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*An Educator's Practical Guide to Improving  
Wellbeing*

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