



# What Makes a person Healthy?

BY. ALEX ALVAREZ

# First. Let's define healthy.

---

To be healthy, is to be ready for most physical situations you may be put in, such as lifting a chair, or desk. And to have a stable emotional control, and lastly, a good social life.

## Characteristics of a healthy person

---

Characteristics a physically healthy person has are having strong, and defined muscles. And the ability to maintain a happy mood, even in some tense situations.

# The Health Triangle

---

The Health Triangle is a good rubric on showing one what they should work on if they are trying to be healthy, or what to build further for someone who is already healthy.

To me the Health Triangle shows us what we should always be actively working on as people. I can say I have experience for all three elements on the triangle, and everyone else should have these elements recognized, and be pursuing them.

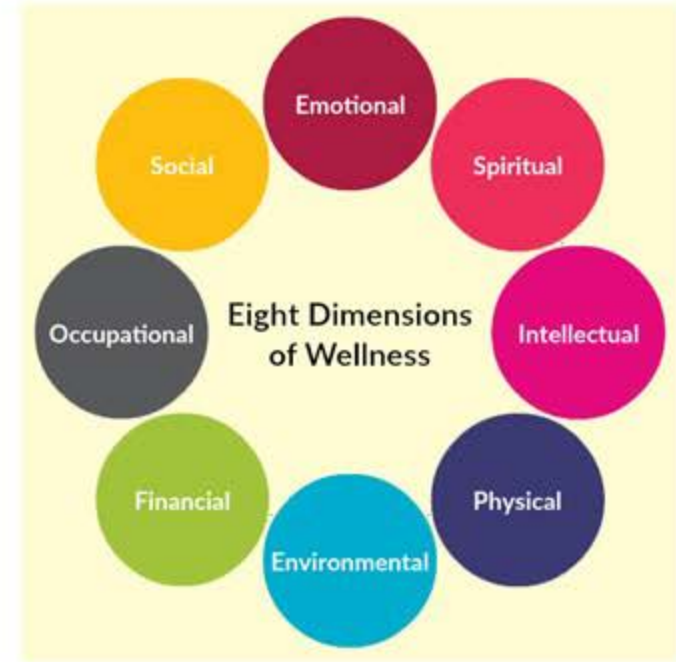


# The Dimensions of Wellness

---

The Dimensions of Wellness are very similar to the Health Triangle, but the only difference being that The Dimensions of Wellness are just further expanded on rather than the three traits of the Health Triangle.

The Dimensions of Wellness to me is a compilation of the most important things to focus on in life. I believe everyone should be putting a lot of effort in to building at least one of these dimensions. Right now I'm primarily focused on Intellectual now that I'm back In school, but everyone's different, and always pursuing another one of these dimensions.





# People that I call Healthy

Kevin Hart at the top I call healthy because, Kevin Hart is a very likable person for his comedy, he is also very outgoing and easy to get along with, so I like to call him Socially and Physically healthy.

And Hugh Jackman, or also known as “The Wolverine” from *X-Men* is a great example of physical health, It’s hard not to notice his Physical strength. Also for his character “Wolverine” he is very emotionally strong, and you never see him in a weak state. So I like to use Hugh Jackman or “The Wolverine” as a great example for Physical and Emotional health.





# People I call Unhealthy

At the top I picked famous actor and comedian Jonah Hill, although Jonah Hill looks much healthier now, I will be referring to Jonah Hill from 2006. Jonah Hill in 2006 was physically unhealthy, however he was emotionally and socially healthy. But during 2006 Jonah Hill wouldn't've been ready for sudden physical demand, such as running for your life, as he is now.

Secondly on the bottom, we have famous Musician, Producer, Fashion Designer, and Political Candidate, Kanye West. Kanye West can be passed off as Physically and Socially healthy, however Kanye has been diagnosed with Bi-Polar Disorder, which makes it hard for him to control his emotions, and for that reason, Kanye West isn't emotionally healthy.





# Healthy Ideals in different Species.

On the top we have a healthy Gorilla, this Gorilla is healthy enough to supply himself, and his family with food. Which means he would be able pass natural selection and survive in the wild.

On the bottom however we have an unhealthy Gorilla. This gorilla wouldn't make it through natural selection, because it wouldn't be able to hunt due to his obesity, So unfortunately our friend would not survive in the wild.







# How They Compare to us.

The similarities here are the physical strength, Hugh Jackman on the top, and the Gorilla on the bottom are similar in the Ideal strength for their specials, and the same idea applies for the Gorilla on the top, and the man on the bottom, they serve the example as to be physically unhealthy to their species. Luckily, we don't live in the wild where physical strength is necessary to survive, whereas these Gorillas do.



alamy stock photo

# In Conclusion

---

It is very important to be healthy, because the quality of our life, and those around us will endlessly benefit, and It constantly keep us pushing ourselves further, and further.