

## Introduction

A / e age, ai, ai i g i de e, de ce a d bili bec e a  
i, o ea i g c, c, F, a, e, i, he abili, f, e, da  
ac i i e / he, h, ge, i, g, f bed, / alki, g, he ki che,  
cli bi g, ai, ca, bec e, e challe, gi, g, d e, age, ela ed  
cha, ge, i, he b d, C, di i, cha a, h, i, e, i, cle  
/ eak, e, a, d j i, i, e, e, lead, ed ced bili a, d a  
decli e i, ali, i life. While agi, g, bi, g, ab, i, e, i, able, h, ical  
cha, ge, i, d e, e, ea, e, i, ha e, e, de, he, i, de, e, de, ce  
e, e, ig, he, el, e, a life fli, i, ed, e, e, .

Ph ical, h, a, la, a, cial, le i, i, g, e, i, heal h  
b, hel, i, g, ld, ad, l, egai, a, d, ai, ai, hei, bili, e, gh,  
a, d, i, de, e, de, ce, gh, a, ge, ed, e, c, i, e, a, al, h, a, a, d  
e, cial, ed, ea, e, h, ical, h, a, i, / k, i, h, e, i, i, e  
f, c, i, alle, ia, e, ai, a, d, ed, ce, he, i, k, f, fall, a, d, i, j, ie, I,  
hi, a, icle, / e, / ill, e, l, e, h, h, ical, h, a, be, e, e, i, he  
e, c, i, c, ech, i, e, ed, add, e, age, ela, ed, heal, h, challe, ge, a, d

kill, ghadcdia

Improving mental health and well-being

Chicai, ibili, adl fi de e, de ce ca, ha e a, f, de ec, a ei, e, al heal. A / ie, de e i, ad cial i lai, a ec, i e a, g lde ad l / h ae li led b, h ical ail e. Ph ical. ha a, l add e e. he h ical a, ec f agi g b. al, ide a e, e fe, / e, a dacc, li h e. B e. i ga, dachie i gf, ci, alg al, e i, ca, e, ie, ce i, ed, c, de, ce, a d, all e, al / ell-bei g. Addi i, all, he cial i, aci, / i h, h ical. ha a i. a d. ha a ie, f. a e, e fc, i, a d, . [6].

Conclusion

Ph ical. ha a, la a i. al lei hel i g e i, ai, ai. hei i de e, de ce, bili, a d, ali f life a. he age. B add e i g i e, ch a bala ce, e, gh, e ibili, a d, ai, a age e, Ph ical. ha a hel lde ad l, ec e. he h ical challe, ge. ha e, acc, a, agi g. Whe h e i' ec, o i g f, g, a agi g ch, ic ai, e e, i g fall, h ical. ha a, ide a afe, e eci e, a d, i, a i e l. i, f, i g e i, heal h.

F e, i, eeki g. a ac i e a d ai, ai, a high, ali f life, h ical. ha a, al able. l, e e, e a d e, ha ce bili. Wi h. he g ida, ce fa killed, h ical. ha a i., e i, ca, egai, c, de, ce, ed ce, ai, a d i, e. hei abili. f, dail. a k, leadi g. g ea o i de e, de, ce a d a e f l lli g life.

I, a / ld / h e agi g ca, e, be a cia ed / i h decli e, h ical. ha a, h, e, hel i g e, i, e b ace. hei la e, ea / i h. e, gh, i ali, a d, e ilie, ce.

Acknowledgement

N, e

Conflict of Interest

N, e

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