

**HEALTH EDUCATION**  
**Personal Wellness**  
**PL-04-1.1.6**

**Affects on body systems**  
**DOK 2**

**Rest**

**Allows your body to recharge and repair itself.**

**\*For example; after physical activity, rest allows a person's breathing (respiratory system) to return to normal.**

**Exercise**

**Helps your body maintain and develop fitness.**

**\*For example; Exercise makes a person's heart (circulatory system) beat faster so that he/she may develop a stronger heart.**

**Diet**

**The food and drink you put into your body.**

**\*For example; The food a person puts into his/her stomach (digestive system) will affect how much energy he/she will have how one will feel.**