

Health is a word and topic that is ever changing its definition; it is an umbrella of a word that encompasses three related yet distinct meanings. The generic definition of health is the physical condition of being void from illness or injury and to be fit and in a state of general physical wellness. Emotional health includes having a safe and loving home to return to each day as well as having loving relationships with family and friends. The final definition of health has to do with a person's mental state. A person can only endure so much stress and difficulties in a certain amount of time, and if this limit is exceeded, this creates mental distress, or unhealthiness. Since there are different meanings, it can be dauntingly difficult to create a healthy community. There are, however, certain steps that people of all ages may follow to come closer to achieving this ideal community.

To form a truly healthy community, it is imperative that we first raise awareness. One way that the younger generation may help is just starting conversations with friends, family, and acquaintances to spark interest in the topic. Another way to reach a greater number of people is the internet. As there are approximately 6,574,666,417 internet users worldwide, this is a great way to reach many people quickly. Facebook and Myspace groups can also lead to great discussions and knowledge with the "tech generation." In fact, I learned from experience that creating a "Cause" on Facebook is not only simple, but is truly a fantastic way to reach out to other people in your community.

The next stage in creating a healthy community is taking action. Even though your first thought may be to help others, change really occurs from inside. You must first take care of yourself - by making sure that you are safe, are consuming healthy food, and are getting a good amount of daily exercise - before you proceed onto helping others. All of these things are possible to achieve, and something even nicer is that you may do these activities with your friends and family. For example, you could walk in pairs or groups to

the park, fulfilling the needs of your safety and getting exercise. Once at the park, you could play a game of soccer, allowing you to increase your daily output of energy. Afterwards, you could eat a healthy brown-bag lunch to replenish your energy to walk home. Once you are living a healthy lifestyle, you should feel free to aid others around you. To help, you could volunteer in your community. From hosting an underprivileged family during Christmas to serving soup at a homeless shelter, any kind of volunteer work, done alone or with friends and family, is always greatly appreciated and is a way to form great connections with your loved ones.

In conclusion, you just have to remember that change first takes place within, and that everybody starts somewhere. People of all backgrounds and ages may aid their community down the road to becoming completely healthy: mentally, physically, and emotionally.