The World Health Organization defines physical health as enjoying good physical health, ensuring that all organs of the body are healthy, and performing their organic functions.Establishing a daily exercise routine has been linked to improved cognitive function, improved memory, and enhanced creativity.Doing activities such as jogging, swimming, or cycling enhances overall fitness levels, reduces the risk of chronic diseases such as heart disease and diabetes, and boosts the immune system.Because a healthy mind resides in a healthy body; Taking care of physical health is the cornerstone of support for enhancing opportunities for increased productivity and creativity for the individual.Physical health greatly affects mental health.