

Lecture Health by Milou van Muijden

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Creating a healthy living environment

This lecture will focus on how to create a healthy living environment where people move around by bike or foot.

First of all the concept 'health' will be explained. Secondly the connection between 'health' and 'nature' will show you how to create a healthy living environment.

Bodily functions

Daily functioning

Mental Wellbeing

Health

Participation

Meaning

Quality of Life



