

PHYSIANTHROPY

Meaning: Physianthropy is the study or practice of promoting health and well-being through the integration of physical fitness and mental or emotional wellness.

1. Physianthropy promotes a holistic approach to health that considers both physical and mental well-being.
2. In her research on physianthropy, she explored the connection between emotional health and physical fitness.
3. The principles of physianthropy can be applied to create effective wellness programs for diverse populations.
4. Many advocates of physianthropy emphasize the importance of lifestyle choices in achieving optimal health.
5. By integrating physianthropy into community health initiatives, we can foster a more balanced approach to wellness.

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