500 Word Health and Wellness Essay. Instructions Please write a 500 word personal health and wellness essay that includes the following: your own words, no research necessary, how do the 3 aspects of health interact in your opinion, mind {emotional/mental- your thoughts}, physical {body} and spirit {God, belief in a power greater than self, nature} 1. Title 2. Introduction 3. A separate paragraph for each idea. 4. Each paragraph begins with a transition/topic sentence before making your statement. Please follow the above format and include/integrate your personal health and wellness definition that includes; body, (physical), mind (mental/emotional) and spirit (God, nature). Please upload your essay to the assignment section. Due Date Jan 22, 2023 11:59 PM Submit Assignment Files to submit (0) file(s) to submit After uploading, you must click Submit to complete the submission.