

Which is more important, physical fitness, or emotional fitness?

Answer - Emotional fitness is more important. That's because people who are physically unhealthy can still be happy - many are - but happiness will always elude those who are emotionally unhealthy.

Yes, good relationships can be enjoyed if one's physical health is lacking. But if emotional health is lacking, a good, lasting relationship either with another person (or with oneself) is extremely difficult to achieve.