

Health Education Chapter 1 study guide

What is Health

Combination of physical, mental/emotional, and social well-being.

Why is good health important?

To have a better you and state of being.

What are the Examples of why health is dynamic

Being a top performer and getting sick the following day.

What is wellness?

The Overall state of well being, or total health.

How is wellness achieved?

Having ongoing, lifelong commitment to physical, mental/emotional, and social health.

What are the Lifestyles the promote good health:

1. 8-10 Hours of sleep
2. Healthy Breakfast
3. Variety of foods
4. Managing stress
5. Having good, positive relationships
6. Avoiding Alcohol, Sex, and Drugs

Name some Prevention & Examples

Practicing health and safety habits to remain free of disease and injury. I.e. Wearing safety belts, sunscreen, avoiding unsafe areas, ect...

What does Healthy People 2012 want to do?

make people healthier and extend the life span.

What is Health Education

Providing accurate health info. to help people make healthy choices

what are 3 Health elements (health triangle)

social, mental/emotional, and physical

what is Physical Health

Your body function and making sure your body is healthy

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Research in Education, 1971-12 **Resources in Education**, 1974 *Abstracts of Instructional Materials in Vocational and Technical Education*, 1972 **Grade Teacher**, 1947 *Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information and Educational Materials Center (U.S.), 1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index New Primary Manual Cincinnati Public Schools, 1953 **Primary Manual** Cincinnati Public Schools, 1963 **Special Programs and Activities that Should be Provided by the Secondary Schools Serving Rural Areas in New York State** Daniel Joseph Hays, 1948 **United States Educational, Scientific and Cultural Motion Pictures and Filmstrips** United States Information Agency, 1956 Resources in Education, 1996 **Report** Rochester (N.Y.). Board of Education, 1884

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, 1948 *Pennsylvania School Journal*, 1938 Includes Official program of the meeting of the Pennsylvania State Educational Association sometimes separately paged **The Primary Manual** Cincinnati Public Schools, 1946 Springfield, Illinois, Course of Study with Suggestive Method for the Primary Grades Springfield (Ill.). Board of Education, 1922 *An Annotated Bibliography of Instructional Materials in Cooperative Occupational Education* Illinois. Division of Vocational and Technical Education, 1974 *California's Health*, 1951 **National Union Catalog**, 1956 Includes entries for maps and atlases

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