

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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