

# **LIVING A HEALTHY LIFE**

**CHAPTER I**

# LESSON 1 – YOUR HEALTH AND WELLNESS

1. What is health?

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

2. Explain what it means to say that your health is dynamic?

- **Subject to constant change.**

3. Explain how a person's health can be described as a point on a continuum. (Figure 1.1)

- **Along the continuum are many points where your health could be located at any time.**
- **Changes can occur suddenly or gradually.**

# LESSON 1 - CONTINUED

4. Define the term wellness.

- **Overall state of well-being/total health.**

5. What are lifestyle factors?

- **Personal behaviors related to the way a person lives.**

6. List 10 lifestyle factors that promote good health.

(The list is located on page 6).

7. Define the terms listed below.

Prevention

- **Practicing health and safety habits to remain free of disease and injury.**

# LESSON 1 - CONTINUED

## Health Education

- **The providing of accurate health information.**

## Health People 2010

- **Nationwide health promotion and disease prevention plan designed to serve as a guide for improving the health of all people in the United States.**

## Healthy People 2020

<http://www.healthypeople.gov/2020/topics-objectives>

8. List the two main goals Healthy People 2010 has established for the future.

# LESSON 1 - CONTINUED

- **Increase the quality and years of healthy life for all Americans.**
  - **Remove health differences that result from factors such as gender, race, education, disability, and location.**
9. List two ways that individuals, families, and communities can improve the health of individuals and thus contribute to the health of the nation.

## Individuals

- **Take an active role in your own health.**
- **Learn to access reliable health care information/services.**

# LESSON 1 - CONTINUED

## Families

- **Shape attitudes and beliefs that result in healthful behaviors.**
- **Teach children the values/skills necessary to maintain good health.**

## Communities

- **Provide health services.**
- **Ensure a safe environment.**

# LESSON 1 - CONTINUED

10. What is health literacy?

- **A person's capacity to learn about and understand basic health information and services and use these resources to promote his/her health and wellness.**

11. List four attributes that a health-literate individual needs.

- **Critical thinker/problem solver.**
- **Responsible/productive citizen.**
- **Self-directed learner.**
- **Effective communicator.**

## LESSON 2 – PROMOTING A HEALTHY LIFESTYLE

1. Name the three elements that are interconnected, like the sides of a triangle.

- **Physical, mental/emotional, and social health.**

2. List seven tips for good physical health.

(The answer can be found in the first paragraph at the top of page 11).

3. What are three parts of your mental/emotional health?

- **Your feelings about yourself.**
- **How well you meet the demands of daily life.**
- **Your ability to process information.**



## LESSON 2 - CONTINUED

Describe three qualities/attitudes of people with good mental/emotional health.

- **In touch with feelings/express them appropriately.**
  - **Deal with frustrations without being overwhelmed.**
  - **Avoid dwelling on negative thoughts.**
4. List three aspects of your social health.
- **The way you get along with others.**
  - **Ability to make and keep friends.**
  - **Communicating well/respect and care for yourself/others.**

## LESSON 2 - CONTINUED

5. What are four important influences on your health?

(Pick 4)

- **Heredity.**
- **Environment.**
- **Attitude.**
- **Behavior.**
- **Media.**
- **Technology.**

## LESSON 2 - CONTINUED

6. What is heredity?

- **All the traits that were biologically passed on to you from your parents.**

7. Describe two ways in which heredity influences your general level of health?

- **Risk for certain illnesses.**
- **Strengthen resistance to disease.**

8. Define the term environment.

- **The sum of your surroundings.**

## LESSON 2 - CONTINUED

List eight things that can be considered a part of a person's environment?

- **Family/friends.**
  - **Neighborhood/school/job.**
  - **Life experiences/places you go in a given day.**
  - **Physical conditions/culture.**
9. Explain how physical environment might affect a person's health.
- **Clean safe environment ( good mental/emotional health).**
  - **Unclean environment, high crime ( experience stress).**

## LESSON 2 - CONTINUED

10. How can peers affect your health?

- **Positive friends (good mental/emotional health).**
- **Risk taking friends ( could create pressure to “fit in”).**

11. List four parts of your cultural environment.

- **Language.**
- **Foods.**
- **Traditions.**
- **Religion.**

## LESSON 2 - CONTINUED

12. Why is it important to be aware of your overall attitude about life?

- **Seeing the positive in situations/more likely to have better health.**

13. How can your behavior affect your health?

- **You have control over your behavior.**

14. Explain one positive and one negative effect of technology on health.

- **+ Medical treatment.**
- **- Technology has replaced physical activity.**

# LESSON 3 – YOUR BEHAVIOR AND REDUCING HEALTH RISKS

1. Define the term risk behaviors.
  - **Actions that can potentially threaten your health or the health of others.**
2. What are two steps you can take in becoming responsible for your health?
  - **Understand individual responsibility.**
  - **Examine current behaviors/make necessary changes.**

## LESSON 3 - CONTINUED

3. List the six categories of teen risk behavior for which information is gathered in the Youth Behaviors Risk Survey.
  - **Behaviors that contribute to intentional/unintentional injuries.**
  - **Tobacco/alcohol/other drug use.**
  - **Sexual behaviors.**
  - **Unhealthy dietary behaviors.**
  - **Physical inactivity.**

<http://www.cdc.gov/mmwr/pdf/ss/ss6304.pdf>



## LESSON 3 - CONTINUED

4. Define cumulative risks.

- **Related risks that increase in effect with each added risk.**

5. Explain how risks can accumulate over time. Include an example.

- **Smoking one cigarette/one high fat meal/one sunburn not likely to cause health problems.**
- **Repeated behaviors =increased risk.**

## LESSON 3 - CONTINUED

6. Explain how a combination of risk factors can cause more serious consequences than each individual risk factor alone.

- **Speeding – receive a ticket.**
- **Speeding, no seatbelt – receive 2 tickets.**
- **Speeding, no seatbelt, texting and driving – serious car crash.**

## LESSON 3 - CONTINUED

7. Define the term abstinence.

- **Avoiding harmful behaviors.**

Why is abstinence from high-risk behaviors one of the most important health decisions you can make?

- **It is the only way to avoid the consequences related to risk behaviors.**

8. For each category listed below, give a serious consequence of using tobacco, alcohol, or other drugs.

- **Physical health – addiction/serious health problems.**

## LESSON 3 - CONTINUED

- **Social health – isolate a person from family/friends.**
- **Legal consequences – zero tolerance.**

[https://www.cyberdriveillinois.com/departments/drivers/traffic\\_safety/DUI/uselose.html](https://www.cyberdriveillinois.com/departments/drivers/traffic_safety/DUI/uselose.html)

<http://www.chicagotribune.com/news/ct-medical-amnesty-met-20150315-story.html>

## LESSON 3 - CONTINUED

9. Describe four positive results of choosing to abstain from sexual activity.
  - **No unplanned pregnancy. Only method 100% effective.**
  - **No fear of STI's.**
  - **Free from emotional problems/no parental responsibility.**