



# CHAPTER 1

## YOUR HEALTH AND WELLNESS

**EQ: What is Health? And What does your Health mean to you?**

# DEFINING HEALTH

- Health is the combination of your physical, mental/emotional, and social well being.
- Your Health affects everything about you.
  - How you look, feel, and act
  - It affects your attitude, performance, & relationships



# 3 ELEMENTS OF YOUR HEALTH:

- Physical Health
- Mental/Emotional Health
- Social Health



# PHYSICAL HEALTH

- Is the way the parts & systems of your body work together.
  - Helps you have strength and energy
  - To gain & maintain physical health you need:
    - Proper nutrition
    - Regular physical exercise
    - Enough rest and sleep
    - Pay attention to what you put in your body



# MENTAL & EMOTIONAL HEALTH



- Includes your feelings about yourself, how well you relate to others, & how well you meet the demands of daily life.
  - People with good mental health enjoys learning & makes it a life long process
  - A person with good emotional health is in touch with their feelings & expresses them in appropriate, healthful ways



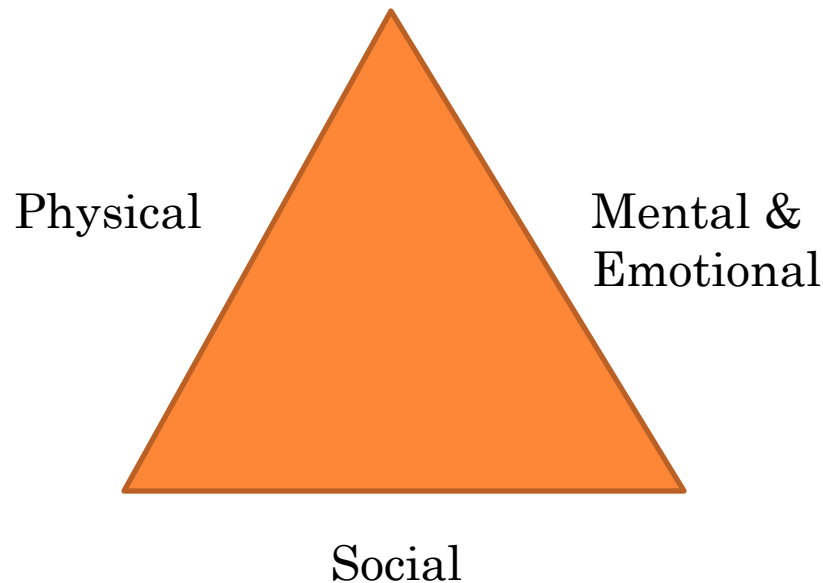
# SOCIAL HEALTH

- Involves the way you get along with others.
  - The ability to make and keep friends
  - Involves communication with people, respecting yourself and others



# YOUR HEALTH TRIANGLE

- 3 Elements are interconnected
- If 1 side receives too much or too little attention, the whole triangle can become lopsided
- To be truly healthy-keep all sides in balance



# THE HEALTH CONTINUUM

- Wellness- an overall state of well being, or total health.
- Balanced life=high degree of wellness
- Wellness comes from the way you live, and make decisions that are based on the sound health knowledge
- Continuum- your health fluctuates on a continuum
  - It's like a yardstick with many different points on it
  - From day to day and year to year, your health can change





# LIFESTYLES FACTORS

- Are personal behaviors & habits related to the way a person lives, that determines his or her level of health.
  - Ex:
    - -7-8 hours of sleep per night
    - no smoking or tobacco products
    - eat breakfast daily
    - 20 to 30 minutes of vigorous exercise at least 3x a week

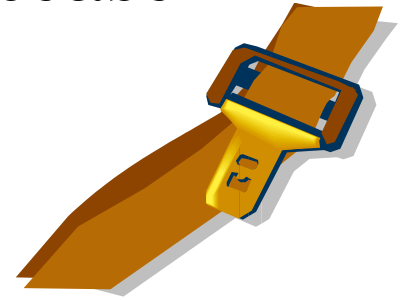


# WELLNESS AND PREVENTION

- Prevention- or practicing healthy habits to keep a person well and free from disease and other ailments.

Ex: Wearing your seatbelt

Putting on sunscreen



- Health Education –is the providing of accurate health info in such a way as to influence people to change attitudes so that they take positive action about their health.



# HEALTH LITERACY

- To be health literate you must be:
  - Critical thinker & problem solver- evaluate info before making a decision
  - Responsible productive citizen
  - Self-directed learner- gather & use health info
  - Effective communicator- tell others about healthful ways

