

## Health and Wellness

1. Be able to define and explain the concepts of health, illness, health promotion and illness prevention.
  - a. Health:
    - i. State of complete physical, mental, and social well-being; no absence of disease
    - ii. State of being that people define in relation to their own values, personality, and lifestyle
    - iii. Dynamic state in which individuals adapt to their internal and external environment so there is a state of physical, emotional, intellectual, social, and spiritual well-being
  - b. Wellness:
    - i. Dynamic state of. Health in which an individual progress toward a higher level of functioning, achieving an optimal balance between internal and external environments
  - c. Disease:
    - i. Malfunctioning or maladaptation of biological or psychological processes
  - d. Illness:
    - i. A state in which a person's physical, emotional, intellectual, social, developmental, or spiritual functioning is diminished or impaired
    - ii. Abnormal process in which any aspect of a person's functioning is diminished or impaired compared with their previous condition
    - iii. Acute illness: Short duration & severe
    - iv. Chronic illness: Persists longer than 6 months
  - e. Health promotion:
    - i. Activities that help people maintain or enhance their present level of health and reduce their risk of developing certain diseases
  - f. Illness prevention:
    - i. Health education programs or activities directed toward protecting patients from threats to health and minimizing risk factors
2. What are risk factors? What are some examples?

# Lesson 16 Study Guide Health And Wellness

**Sandra Alters, Wendy Schiff**



## **Lesson 16 Study Guide Health And Wellness:**

## Decoding **Lesson 16 Study Guide Health And Wellness**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Lesson 16 Study Guide Health And Wellness**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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