

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?

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J Rink



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The Top Books of the Year Lesson 16 Study Guide Health And Wellness The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Lesson 16 Study Guide Health And Wellness : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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