

Workbook Answer Key

Chapter 1

Understanding Your Health and Wellness

Lesson 1.1 Key Terms Review

Multiple Choice

1. C
2. C
3. B
4. A
5. B
6. D
7. B
8. A

Matching

9. D
10. C
11. A
12. B

Lesson 1.1 The Four Dimensions of Health

Answers may vary.

Lesson 1.2 Finding Reliable Health Information

Answers may vary.

Lesson 1.2 Evaluating Health Information

Answers may vary.

Lesson 1.3 Decision Making 101

Answers may vary.

Lesson 1.3 SMART Goal Setting 101

Answers may vary.

Lesson 1.4 Communicating with Your Doctor

Answers may vary.

Chapter 1 Reading Practice

1. C
2. C

Health And Wellness For Life Chapter Answers

Didier Musso



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