

## 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

**Terry C. Jones**



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## **Table of Contents Lesson 16 Study Guide Health And Wellness**

1. Understanding the eBook Lesson 16 Study Guide Health And Wellness
  - The Rise of Digital Reading Lesson 16 Study Guide Health And Wellness
  - Advantages of eBooks Over Traditional Books
2. Identifying Lesson 16 Study Guide Health And Wellness
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Lesson 16 Study Guide Health And Wellness
  - User-Friendly Interface
4. Exploring eBook Recommendations from Lesson 16 Study Guide Health And Wellness
  - Personalized Recommendations
  - Lesson 16 Study Guide Health And Wellness User Reviews and Ratings
  - Lesson 16 Study Guide Health And Wellness and Bestseller Lists
5. Accessing Lesson 16 Study Guide Health And Wellness Free and Paid eBooks

- Lesson 16 Study Guide Health And Wellness Public Domain eBooks
- Lesson 16 Study Guide Health And Wellness eBook Subscription Services
- Lesson 16 Study Guide Health And Wellness Budget-Friendly Options
- 6. Navigating Lesson 16 Study Guide Health And Wellness eBook Formats
  - ePub, PDF, MOBI, and More
  - Lesson 16 Study Guide Health And Wellness Compatibility with Devices
  - Lesson 16 Study Guide Health And Wellness Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Lesson 16 Study Guide Health And Wellness
  - Highlighting and Note-Taking Lesson 16 Study Guide Health And Wellness
  - Interactive Elements Lesson 16 Study Guide Health And Wellness
- 8. Staying Engaged with Lesson 16 Study Guide Health And Wellness
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Lesson 16 Study Guide Health And Wellness
- 9. Balancing eBooks and Physical Books Lesson 16 Study Guide Health And Wellness
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Lesson 16 Study Guide Health And Wellness
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Lesson 16 Study Guide Health And Wellness
  - Setting Reading Goals Lesson 16 Study Guide Health And Wellness
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Lesson 16 Study Guide Health And Wellness
  - Fact-Checking eBook Content of Lesson 16 Study Guide Health And Wellness
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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