

## **Health Education Chapter 1 study guide**

### **What is Health**

Combination of physical, mental/emotional, and social well-being.

### **Why is good health important?**

To have a better you and state of being.

### **What are the Examples of why health is dynamic**

Being a top performer and getting sick the following day.

### **What is wellness?**

The Overall state of well being, or total health.

### **How is wellness achieved?**

Having ongoing, lifelong commitment to physical, mental/emotional, and social health.

### **What are the Lifestyles the promote good health:**

1. 8-10 Hours of sleep
2. Healthy Breakfast
3. Variety of foods
4. Managing stress
5. Having good, positive relationships
6. Avoiding Alcohol, Sex, and Drugs

### **Name some Prevention & Examples**

Practicing health and safety habits to remain free of disease and injury. I.e. Wearing safety belts, sunscreen, avoiding unsafe areas, ect...

### **What does Healthy People 2012 want to do?**

make people healthier and extend the life span.

### **What is Health Education**

Providing accurate health info. to help people make healthy choices

### **what are 3 Health elements (health triangle)**

social, mental/emotional, and physical

### **what is Physical Health**

Your body function and making sure your body is healthy

# Health Education Study Guide

**Jianjun Gao**



## **Health Education Study Guide:**

## **Health Education Study Guide** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Health Education Study Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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