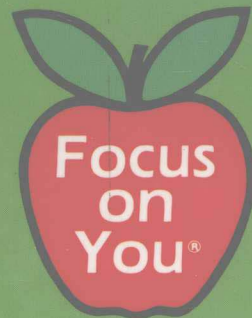


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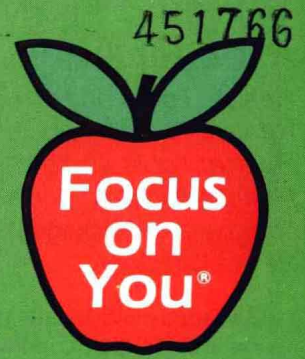
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Cover Photograph

These students are enjoying riding their bikes and taking walks. There are many healthful activities you can share with friends. Sharing time with others is important for social development.



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Preface

A quick glimpse into a mirror reveals an image of you. Take time to focus on that interesting reflection—you. This is the person whom you must live with all your life. You want the mirror to reflect the image of a young, healthy person. You want to feel good about what you see. The first step in achieving these desires is to focus your attention on your health. Your health is influenced by what you think and do. *Health: Focus on You*® will help you determine what actions to take to develop a healthy you.

Health: Focus on You® is designed to provide you with health knowledge in ten areas of health: Mental Health, Family and Social Health, Growth and Development, Nutrition, Exercise and Fitness, Drugs, Diseases and Disorders, Consumer and Personal Health, Safety and First Aid, and Community and Environmental Health. The physical, mental, and social dimensions of health needed for a balanced lifestyle are described.

Health: Focus on You® also emphasizes using your knowledge to take actions that promote health for you, others, and the environment. You are introduced to life skills that you can use to be more effective in daily living. These life skills are listed at the end of each chapter. You study how to make health behavior contracts to practice life skills.

Health: Focus on You® also emphasizes using your knowledge to make responsible decisions. You are taught how to make decisions that are healthful, safe, and legal, that show respect for yourself and others, and that follow parental guidelines. You will have confidence in the decisions you make. You will study ways to say NO when pressured to make decisions that are not responsible.

Your health affects all areas of your life. Your family life is affected by your health. Your friendships are affected by your health. Your study of health is important. Work hard to obtain the knowledge and life skills to be the best you.

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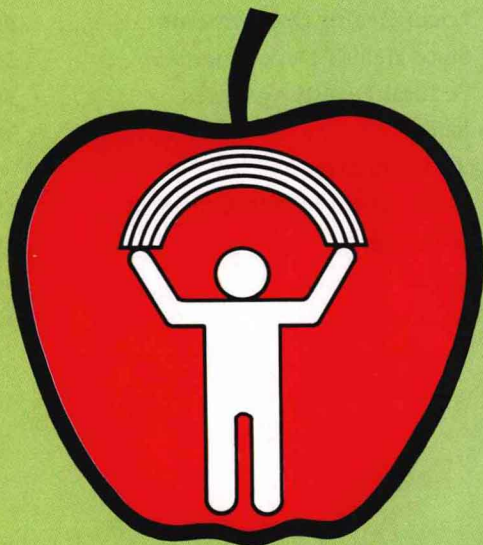
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Mental Health

Did you know . . .

- ▶ friends can influence you in healthful or harmful ways?
- ▶ there are steps to take if you feel depressed?

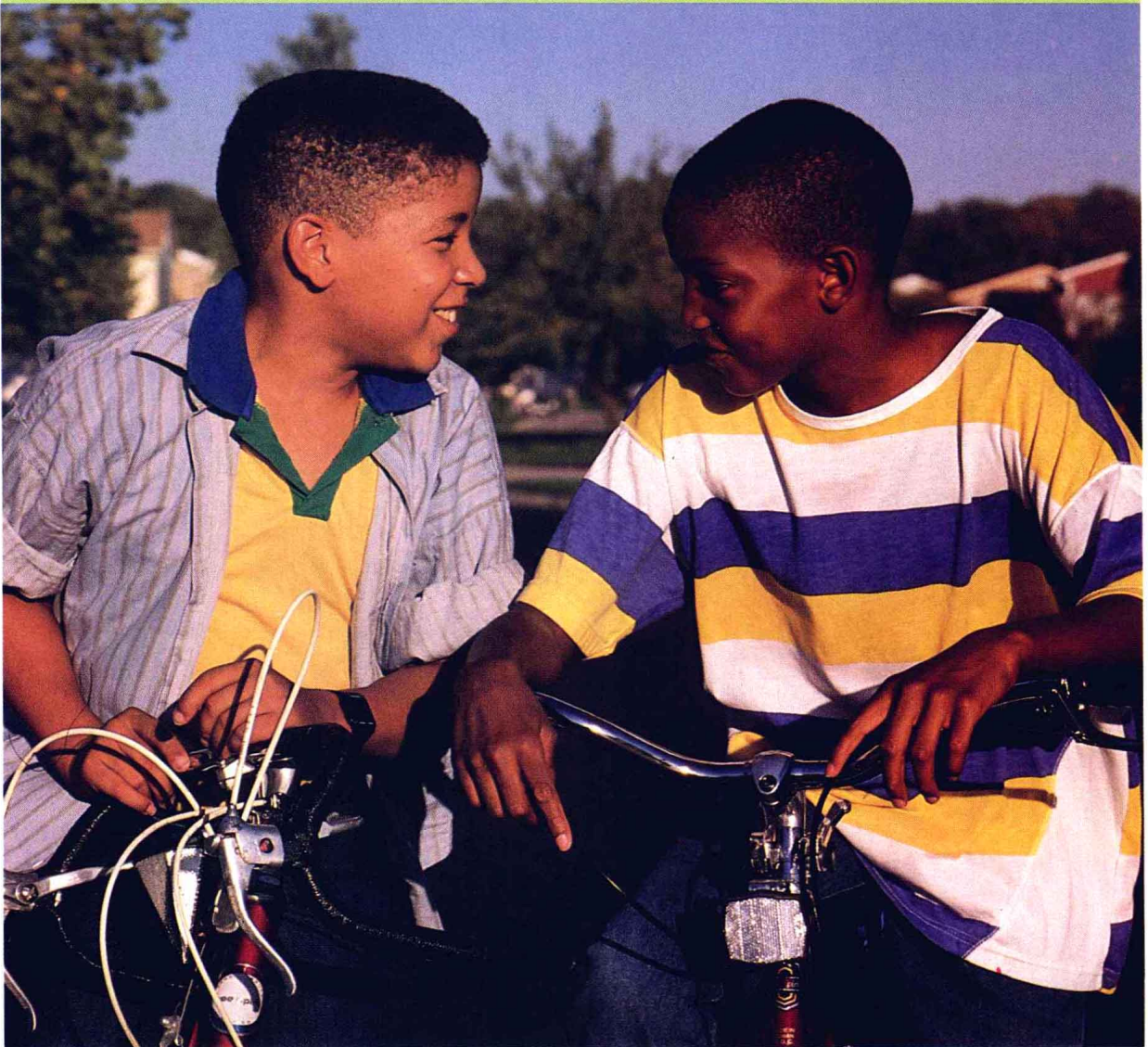


Unit 1



A Commitment to Health

When you are healthy, you are able to take part in many different kinds of activities. You have a part to play in keeping yourself healthy. You can choose activities that increase your physical, mental, and social health.



Chapter 1

STUDENT OBJECTIVES: *You will be able to*

- *use health knowledge to choose healthful behaviors and avoid risk situations and risk behaviors.*
- *follow life skills, make responsible decisions, and use refusal skills.*

Do you know what it means to make a commitment? A commitment is the same as a pledge or a promise. A commitment will help you reach your goals. When you make a commitment, you will do what you say you will. This chapter is about making a commitment to achieve the goal of good health.

Why Make a Commitment?

What is health? What does it mean to be healthy? How will being healthy benefit you and others? These are some of the questions you might ask yourself before making a commitment to health. Some people think that being healthy means not being ill. Being healthy is more than that!

1:1 What Is Health? _____

Health is the sum of your physical, mental, and social well being. How can you achieve good health?

What is health?

Your **physical health** is the condition of your body. Your **mental health** is the condition of your mind and the expression of your feelings. Your mental health also includes the way in which you solve problems. Your **social health** is the quality of your relationships with others.

Look at the Health Triangle in Figure 1–1. Physical, mental, and social health are represented on the points of the triangle. Each kind of health is important by itself. When you take care of your body, you have good physical health. When you solve problems in responsible ways, you have good mental health. When you get along well with others, you have good social health.

Although each point of the Health Triangle is important in itself, each influences the others. You may have an argument with one of your friends. In this way, your social health is affected. During the argument, you become very angry. Your angry feelings influence your mental health. Later, you are still upset and cannot sleep. Lack of sleep affects your physical health. For good health, you need balance. You need to keep your body fit, to be comfortable with your feelings, and to relate well to others. When you make a commitment to health, you work to improve the three areas of health.

What do you need for good health?

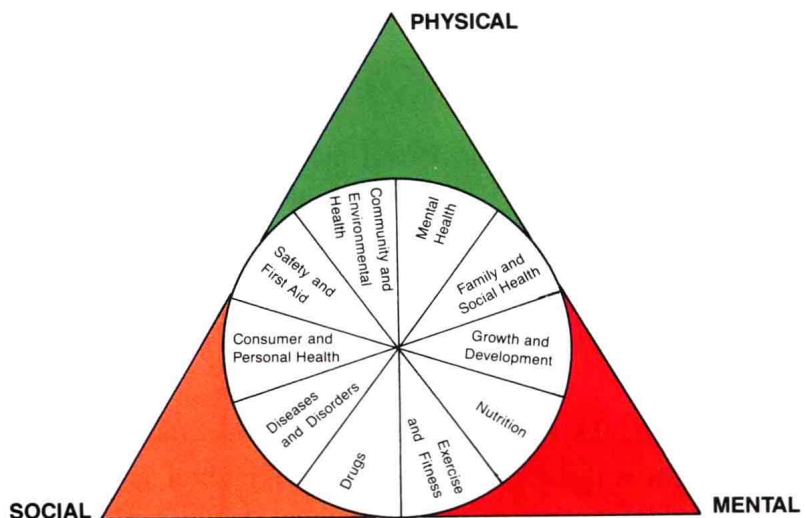


FIGURE 1–1. Each point of the Health Triangle is important and influences the others.

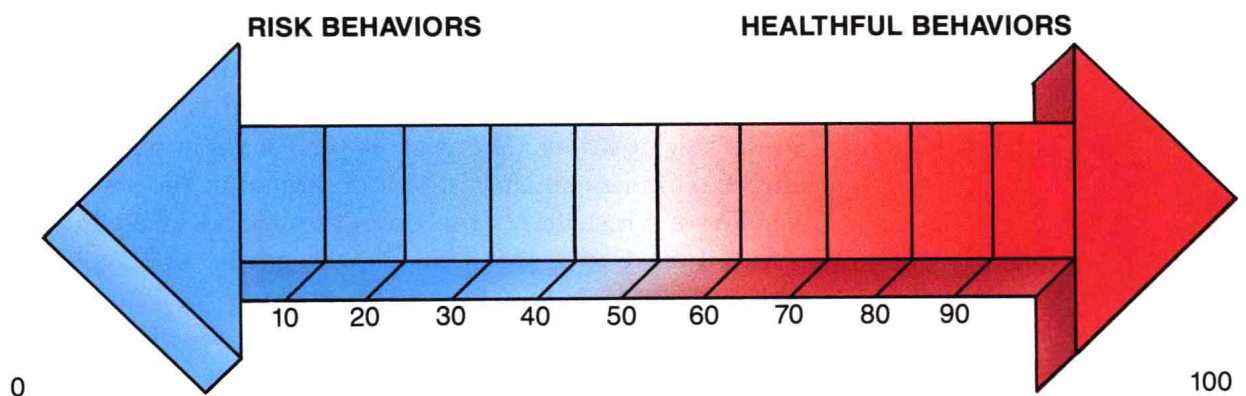


FIGURE 1–2. You can rate your present level of health.

1:2 Choosing Healthful Behaviors

Wellness is the highest level of health you can achieve. Wellness includes having good physical, mental, and social health. You can rate your present level of health by using the Wellness Scale. See Figure 1–2. You can determine what commitments you might make to reach a high level of wellness.

To make a commitment to health, there are two promises you must make to yourself. First, you must promise to choose healthful behaviors whenever possible. Second, you must promise to avoid risk behaviors and risk situations whenever possible.

Healthful behaviors are actions that increase the level of health for you and others. Healthful behaviors are also called wellness behaviors. A commitment to healthful behaviors might include always using a safety belt, reading books, and spending time with your family. Choosing these kinds of behaviors will promote your physical, mental, and social health. As you practice these kinds of behavior, your rating on the Wellness Scale will improve.

Risk behaviors are actions that might be harmful to you or others. When you keep your promise to avoid risk behaviors, you do not cross the street between parked cars, or forget to wear safety equipment during sports. Choosing risk behaviors would harm your physical, mental, and social health.

What are two promises necessary for a commitment to health?

What are risk behaviors?