

PRENTICE HALL

# Health

SKILLS FOR WELLNESS





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SKILLS FOR WELLNESS

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they are the future.**

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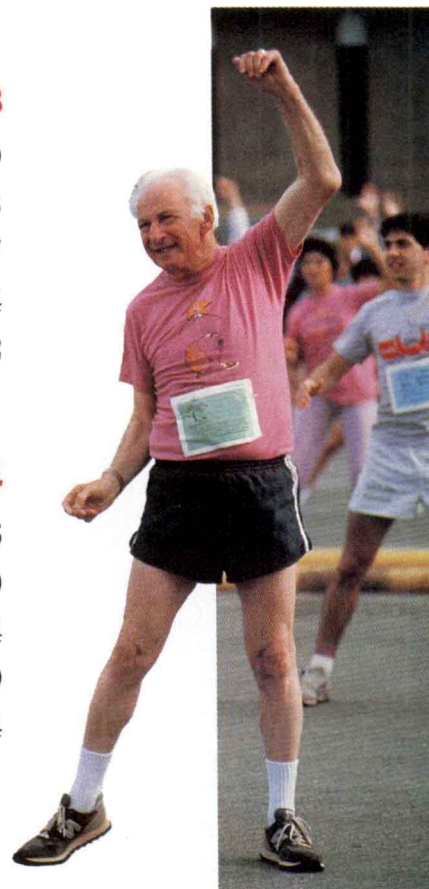
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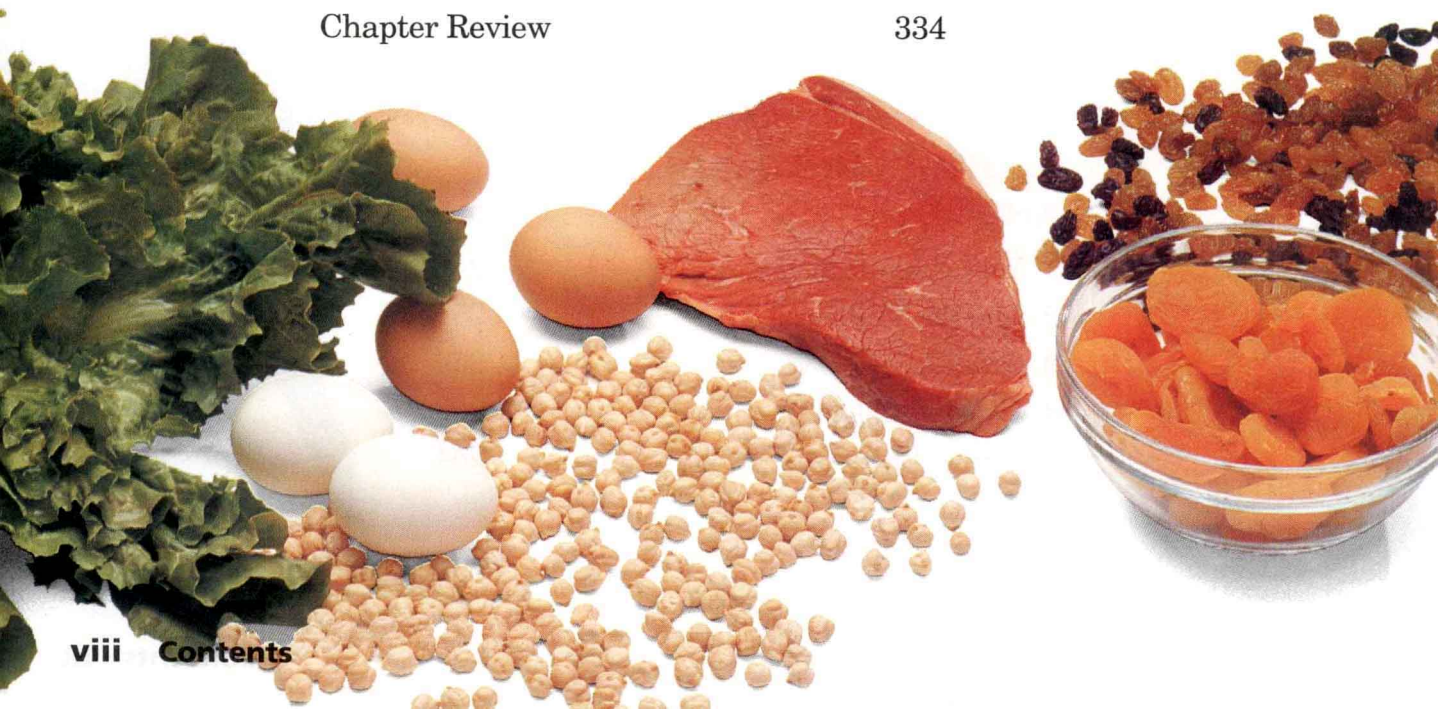
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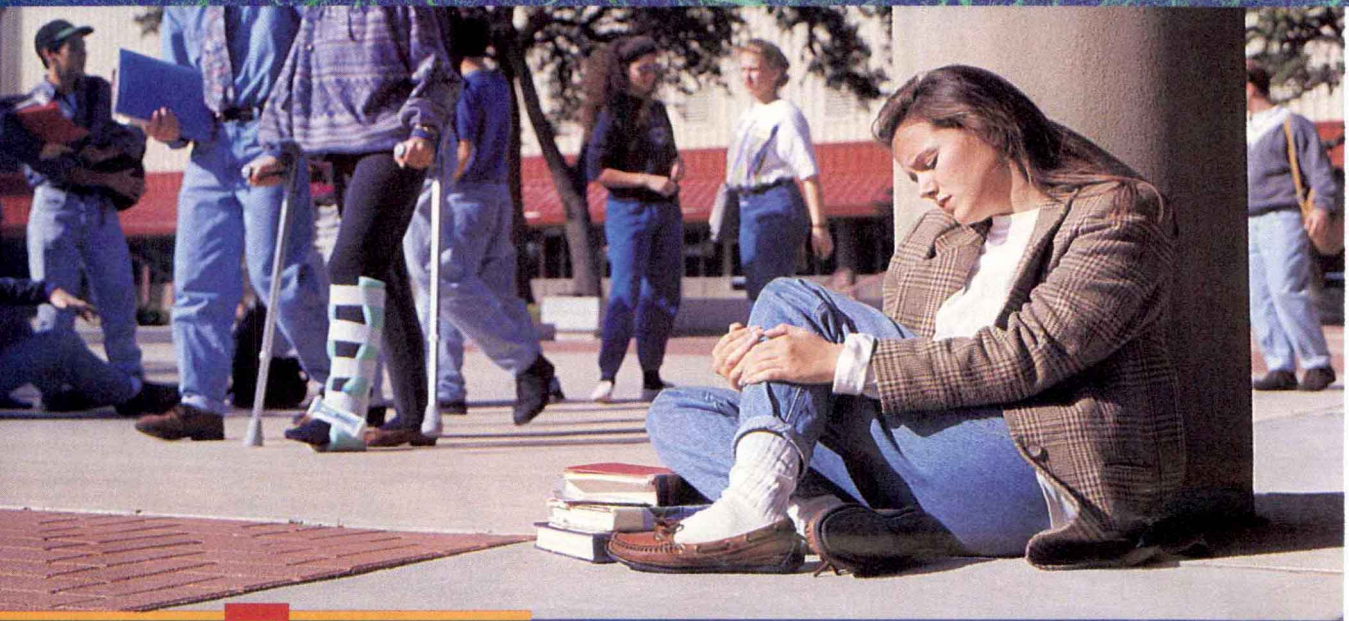
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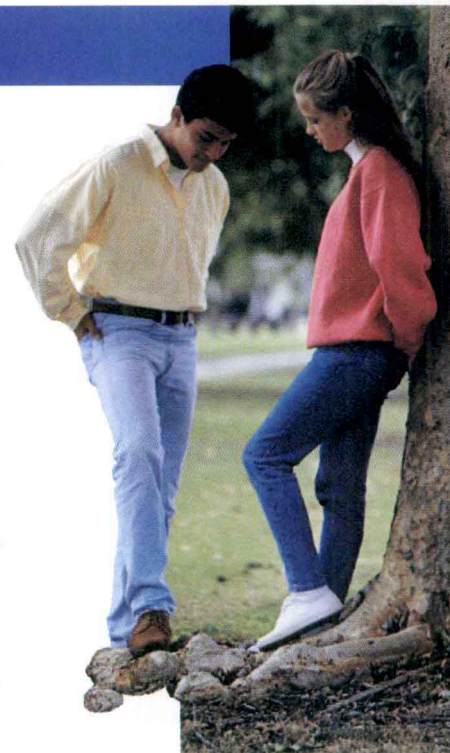
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# MAKING HEALTHY CHOICES

## CHAPTER

# 1

### Chapter Preview

#### 1-1 What Are Health and Wellness?

- Define the terms *health* and *wellness*.

#### 1-2 Identifying Health Risks

- Identify risk factors that can affect a person's health.

#### 1-3 Taking Responsibility for Your Health

- Explain the relationship between current decisions and future wellness.

#### Building Health Skills

- Identify a strategy for responsible decision-making.

A day of skating with friends makes you feel alive with energy. More than anything else, the choices you make each day allow you to enjoy life to its fullest. In this chapter, you will find out how your lifestyle affects how you feel now and in the future. You will learn how you can choose a lifestyle that will keep you feeling fit, healthy, energetic, and happy.



### CHECK YOUR WELLNESS

Your level of wellness is high if you can answer yes to the following questions.

- ▶ Do you eat a balanced diet and avoid high-fat foods?
- ▶ Do you exercise at least three times a week?
- ▶ Do you like yourself?
- ▶ Do you set aside time each day to relax?
- ▶ Do you avoid drugs, alcohol, and tobacco?
- ▶ Do you get about eight hours of sleep each night?
- ▶ Are there people with whom you can talk?
- ▶ Can you express your feelings in healthy ways?
- ▶ Do you use a safety belt and avoid riding with a person who is using alcohol or other drugs?
- ▶ Are your decisions based on your own values and goals, rather than on those of your friends?

### Keeping a Journal

Imagine that you are 90 years old and have led a long, happy life. Write a letter to future generations letting them in on the secrets for living a satisfying, healthy life.