Chapter 1
Living a Health Life!!!
Lesson 1: Your Health and Wellness
What IS Health???

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

What is Wellness???

- an overall state of well-being, or total health
Promoting YOUR Health!!!

* the decisions you make each day affect your health...
Lifestyle Factors are habits that affect people’s overall health, happiness, and longevity (how long they live). Certain factors are linked to specific diseases...i.e. smoking and lung cancer. Some lifestyle factors promote GOOD HEALTH, such as:

- getting 8 to 10 hours of sleep each night
- starting each day with a healthy breakfast
- eating a variety of nutritious foods each day
- being physically active for at least 20 min. a day, three or more days a week.
- maintaining a healthy weight
- avoiding tobacco, alcohol, and other drugs
- abstaining from sexual activity before marriage
- managing stress
- maintaining positive relationships
- practicing safe behaviors to prevent injuries
What is Prevention?

✱ practicing health and safety habits to remain free of disease and injury

✱ Why is health education important?
  ✱ it provides accurate health information to help people make healthy choices

✱ What is health literacy?
  ✱ a person’s capacity to learn about and understand basic health information and services and use these resources to promote his or her health and wellness.
Lesson 2: Promoting a Healthy Lifestyle

★ Your Health Triangle:

★ Physical Health—How well does your body function?
★ this involves getting adequate sleep and rest, eating nutritious meals, drinking enough water, and being physically active on a regular basis; good hygiene and getting regular medical/dental check-up and treatments counts!!!
Mental/Emotional Health

This includes your feelings about yourself, how well you meet the demands of daily life, and your ability to process information.

People with good mental/emotional health are in touch with their feelings and can express them in appropriate ways. They can usually deal with the frustrations of life without being overwhelmed by them. They like challenges, learning new things, and see mistakes as opportunities to grow and change.
Social Health

Do you get along well with others???

This includes your ability to make and keep friends and to work and play in cooperative ways. It involves communicating well and showing respect and care for yourself and others...
What influences are there on your Health?

- **Heredity**
  - all the traits that were biologically passed on to you from your parents; i.e. eye color, hair color, height
  - inheriting specific genes can put you at risk for certain illnesses such as diabetes
  - other genes may strengthen your resistance to disease
Your environment is the sum of your surroundings

- physical environment; i.e. safe neighborhood, air pollution
- social environment; peers, family
- culture-the collective beliefs, customs, and behaviors of a group; i.e. language you speak, traditions, foods...culture gives you a sense of identity!
How do YOU view situations?

- people who tend to see the positive in situations are more likely to have better health than those who see only the negative...
- Do you see the benefit in practicing good health habits?
Behavior

What healthy/unhealthy habits are YOU practicing???? What do YOU have control over?
Media

- the various methods of communicating information; i.e. radio, television, film, newspapers, magazines, books, Internet
advances such as screenings and treatment for diseases such as heart disease, cancer, and AIDS have helped large numbers of people live longer, healthier lives

other technological advances help keep our air, land, and water clean

however, some advances can take away from our physical health; i.e. riding instead of walking, playing computer games instead of outside
What are risk behaviors?

- actions that can potentially threaten your health or the health of others
- i.e. not wearing a seatbelt, smoking, drinking and driving, eating unhealthy, not wearing sunblock, abstaining from sexual activity before marriage
Cumulative Risks and Consequences

- related risks that increase in effect with each added risk
- i.e. smoking one cigarette vs. a pack a day for 40 years
- it can also be combinations of risk factors; i.e. driving with a seatbelt on while speeding in the rain
Abstinence

- avoiding harmful behaviors
- this includes the use of tobacco, alcohol and other drugs and sexual activity before marriage
- helps avoid physical consequences, psychological consequences, and legal consequences!!!

- Teens who abstain from sexual activity:
- never have to worry about unplanned pregnancy
- will not be faced with the difficult decisions associated with unplanned pregnancy, such as being a single parent
- will not have to take on the many responsibilities of caring for a child
- don’t have to worry about sexually transmitted infections
- are free of the emotional problems that usually accompany sexual activity, such as guilt, regret, and rejection
- are making a choice that is always legal