

Chapter 1 Guided Notes

1.1 - What is Health

Health refers to

Two factors that describe overall health are

_____ - The number of years the average American can expect to live.

_____ - Overall satisfaction that a person gets from life.

People set _____ to achieve a high quality of life. A goal is a

Three aspects of Health:

1. _____ -

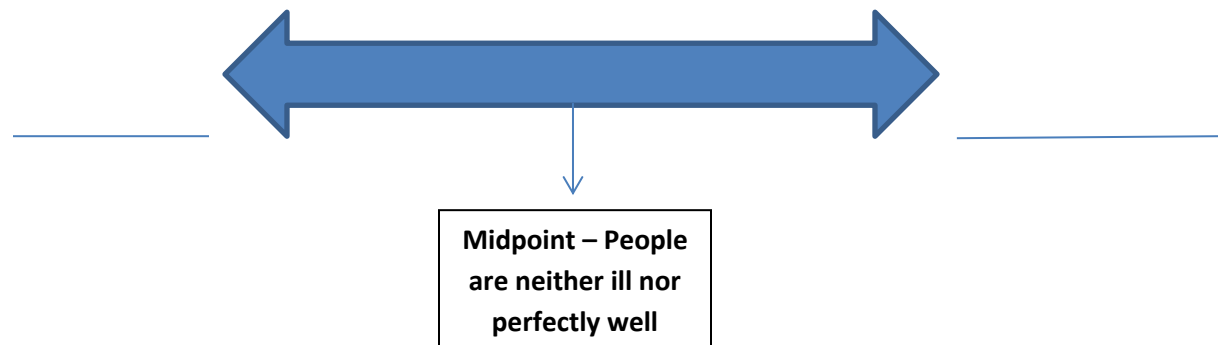
2. _____ -

3. _____ -

The Health Continuum:

A continuum is a

The Health Continuum:



1.2 - Factors that influence your Health

- Heredity –
- Physical Environment
- Social Environment
- Culture
-
-
-
-

Habit –

What is a Risk Factor?

1.3 – Healthy People 2010

Healthy People 2010 has 2 broad goals:

- 1.
- 2.

What are the 3 leading causes of death among young adults?

1.

2.

3.

The Decision-Making Process

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