



Understanding Health and Wellness

Name: _____

Period: _____

Chapter 1 Lesson 1: Your Total Health Pages 4-9

Vocabulary:

Word	Picture	Definition
1. Health (4)		
2. Physical Health (4)		
3. Mental Health (6)		
4. Emotional Health (6)		
5. Social Health (6)		
6. Wellness (7)		
7. Mind-Body Connection (8)		

8.-10.

list the 3 Sides of the Health Triangle(4)

11.-13. List 3 things you can do to improve your Physical Health (5)

14.-16. List 3 things that can harm your Physical Health (5)

17.-19. List 3 things you can do to improve your Mental Health (6)

20. If you are in good Mental/Emotional Health you will feel ____

_____ life. (6)

21.-22. List 2 signs of good Social Health (6)

23.-32. List 8 skills that would help you build and maintain relationships (6)

33. What is the difference between Health and Wellness? (7)

34.-37. What are 4 things you can prevent by practicing positive health behaviors? (7)

38. Your _____ have a lot to do with your physical health. (8)

39.-43. List 5 examples of how your emotions can affect your body (8)

44. What do the mind and body connect through? (8)

45. How does this allow emotions to affect you physically? (8)