

Wellness Guide

Name: _____

Directions

- Get a Nutrition and Wellness for Life Book
- Read Chapter 1, Making Wellness a Lifestyle. Begin filling out guide.

1. After reading the first two paragraphs on page 25, what does this tell you about your wellness decisions? _____

What is wellness?

2. Define wellness: _____

3. How does wellness relate to quality of life? _____

The Wellness Continuum

4. Define Premature Death: _____

Identify two activities that might lead to premature death: _____

5. Define Optimum Health: _____

6. Looking at the figure 1.1, where would you place yourself on the Wellness Continuum scale (at the center, nearer to one of the ends). Why did you place yourself there? _____

7. What are 4 benefits you might notice if you are taking steps to improve your health? _____

Aspects of Wellness

8. Identify the three major components of wellness: _____,
_____, and _____

9. What does Physical Health refer to? _____

10. Identify 3 factors that can harm your physical health:

1.

2.

3.

Personally identify 2 things you do to promote your physical health

1.

2.

11. After reading the definition of stress, do you think that “stress” is good or bad in a person’s life? Explain. _____

12. Define Mental Health: _____

13. Identify 2 traits of good mental health: _____

14. Identify 2 traits of poor mental health: _____

15. What should you do if a close friend is struggling with their mental health? _____

16. Describe Social Health: _____

17. Identify two reasons people struggle with social health? _____

Holistic Approach to Wellness

18. How would you describe holistic medicine to a friend? _____

19. Do you agree with this approach? Why or why not? _____

20. Now that you understand how Physical, Mental, and Social concepts relate to wellness, label each area and identify 2 things in each area you do to promote your overall wellness.

