

Making Wellness a Lifestyle

1

Lifestyle Choices for Wellness

Activity A

Name _____

Chapter 1

Date _____ Period _____

Complete the left side of the chart below by listing lifestyle choices that would contribute to premature death. Complete the right side of the chart by listing choices that would contribute to optimum health. Try to include choices that relate to each of the aspects of wellness—physical health, mental health, and social health. Then answer the questions at the bottom of the page.

Premature Death ←————→ **Optimum Health**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

1. When should people adopt healthful lifestyle practices? Explain your answer. _____

2. Why do you think some people make lifestyle choices that can lead to premature death? _____

3. Besides making healthful lifestyle choices, what steps can people take to promote good health?

**Wellness Vocabulary
Foods and Wellness**

Name:

Chapter One Vocabulary	How I Define?	How the book defines?
Wellness		
Physical Health		
Mental Health		
Social Health		
Optimum Health		
Premature Death		
Risk Factor		