

Name:

Date:

## Factors that Affect Wellness

### Why is Wellness important now?

- \_\_\_\_\_ the person you are now and will be in the future.
- \_\_\_\_\_ we make everyday that may be good or bad for our overall wellness
- \_\_\_\_\_ ---**A risk factor is characteristics or behaviors that influence your chances of being injured or acquiring a disease**—so you know how to manage your day to day wellness.

### Just think for a bit...

1. *Think of a bad health habit you would like to break. What will you have to do to stop it?*
2. *Do you think a person's day to day decisions are impacted by their habits? Why or why not?*
3. *What is the difference between positive and negative risks?*

### Factors That Contribute to Disease

- Risk factors will lead to disease that impact wellness.
- Factors that contribute to poor health but can be controlled:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- Hereditary cannot be controlled but managed.

### Unhealthy Lifestyle Choices

- Any bad habit that impacts your daily health choices will \_\_\_\_\_
- Habits like smoking, drinking excessively, too much stress, poor diet or lack of physical activity are unhealthy choices.
- According to the Centers for Disease Control Prevention, lifestyle choices account for \_\_\_\_\_ such as heart disease, cancer, and stroke

### Poor Environment Quality

- Environmental quality refers to the \_\_\_\_\_
- When one's environment is of poor quality due to pollution in air or water, wellness is impacted.
- One's food can also be contaminated due to improper refrigeration—knowing about Safety and Sanitation is critical in keeping a person healthy.

### Inadequate Healthcare

- When a person lacks access to health care, \_\_\_\_\_.
- Not going to the doctor for regular checkups, which are needed to evaluate and maintain health can also put a person at risk.
- When a person does not share all medical issues or does not take the medical advice given, they are at risk.

### **Heredity**

- It is important to note that \_\_\_\_\_ are HEREDITY.
- \_\_\_\_\_ from your family is beyond your control.
- Knowing your family's history of disease is VITAL to your overall wellness, so you can think of ways to prevent.
- The best method to avoid diseases is to manage your wellness \_\_\_\_\_.

### **How can you improve your wellness**

- Health experts have identified that CHANGING BEHAVIORS can improve a person's quality of life.
- \_\_\_\_\_ from changing various behaviors is a motivation for many.
- CONTROLLING Risk Factors will also increase overall wellness.

### **Factors to Consider Change**

- To live a quality life, a person should change and maintain the following:
  - \_\_\_\_\_
  - Physical Activity
  - Resisting Peer Pressure
  - Improving your Physical Environment
  - Stress Management
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

### **Reflect**

- Below are POSITIVE behaviors one might change.
- Pick 2 and list all the benefits you can think of from just changing one behavior.
  - Eating Breakfast
  - Sleeping 8-10 hours
  - Working out five days a week
  - Cut down on sugar (give up pop, etc.)
  - Stop hanging out with negative people