

# What is the Health Triangle?

Health is a combination of your \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ wellbeing.

4 Tips to Staying Healthy:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

## 3 Sides of the Health Triangle

1. \_\_\_\_\_

2. \_\_\_\_\_

\* In general, \_\_\_\_\_  
 \_\_\_\_\_

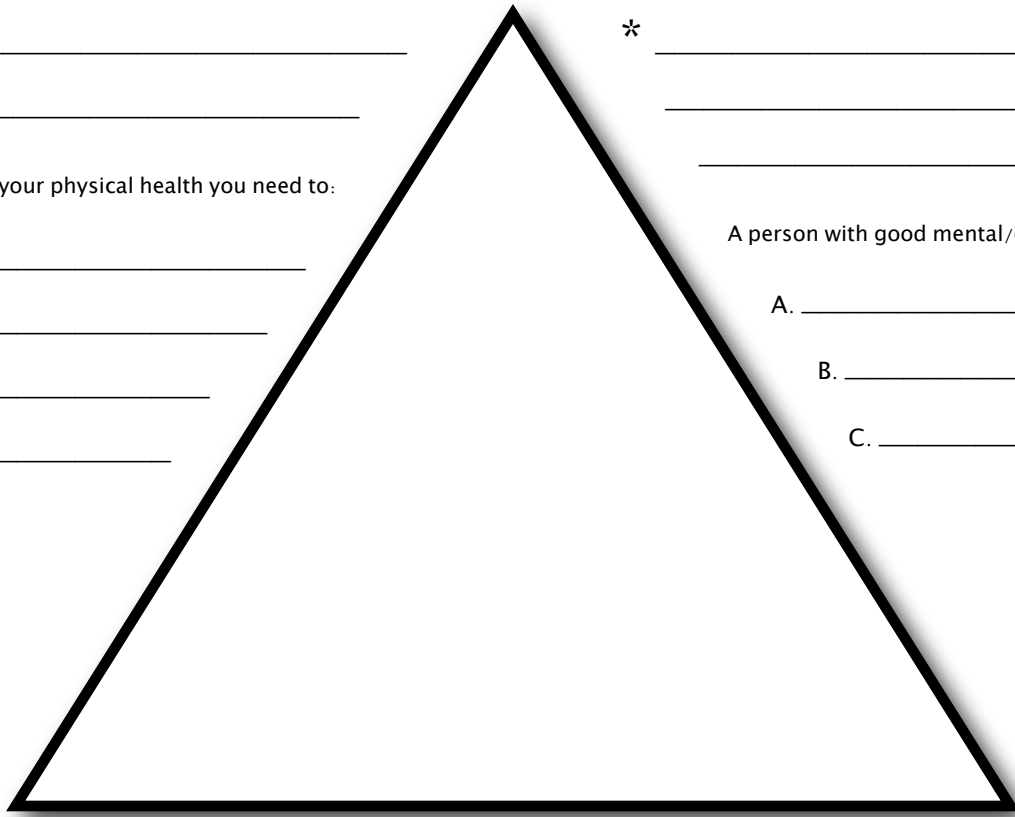
\* \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

To improve & maintain your physical health you need to:

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

A person with good mental/emotional health can:

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_



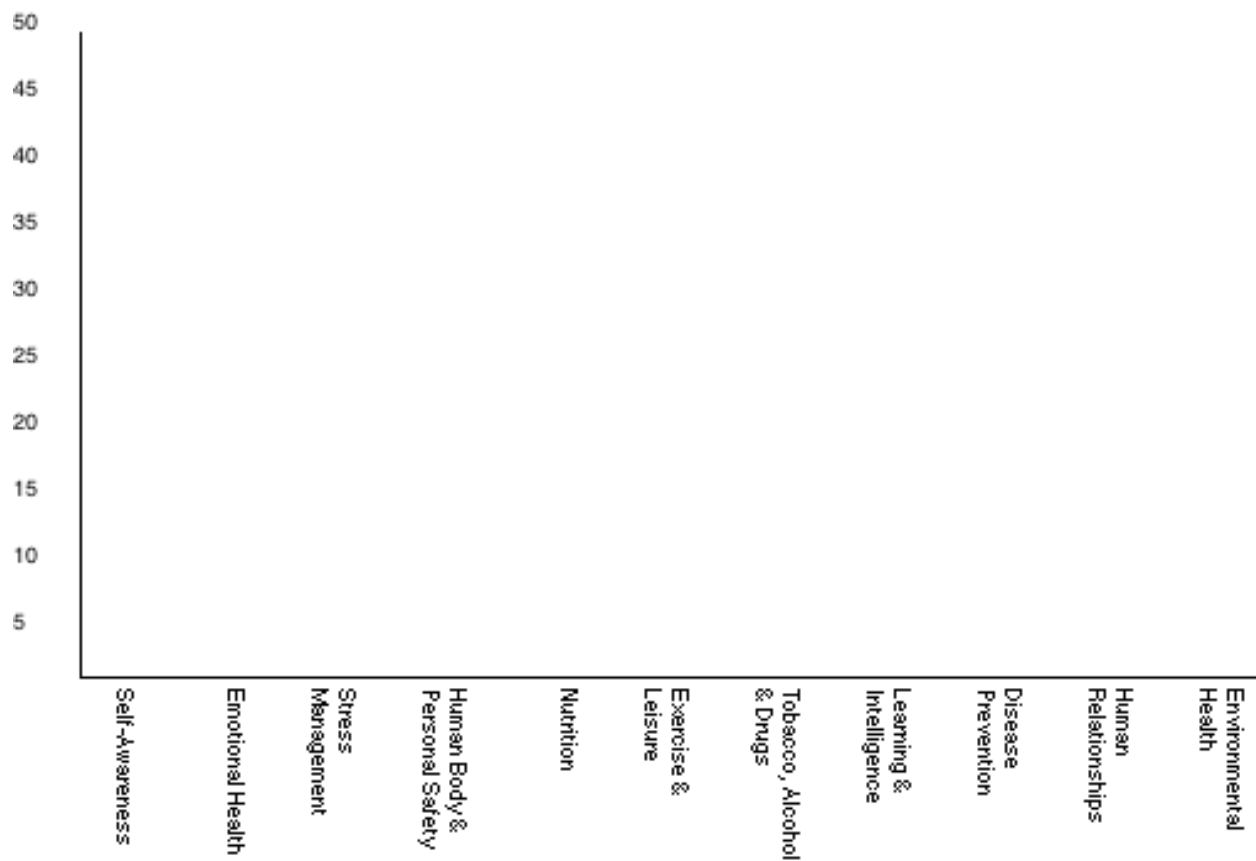
3. \_\_\_\_\_

\* \_\_\_\_\_  
 \_\_\_\_\_

It involves:

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_

1. Create a bar graph and graph your scores.



2. Using your answers from the Total Health Assessment, find some strengths and weaknesses for each side of the health triangle.

### Strengths

#### Physical

- 1.
- 2.
- 3.

#### Social

- 1.
- 2.
- 3.

#### Mental

- 1.
- 2.
- 3.

### Weaknesses

#### Physical

- 1.
- 2.
- 3.

#### Social

- 1.
- 2.
- 3.

#### Mental

- 1.
- 2.
- 3.