

Name: _____

Period: _____

Health Choices and Behavior Chapter 1

Use complete sentences to explain the signifi cance of each of the following:

1. What are life management skills? _____

2. Define health. _____

3. Define wellness. _____

4. What types of infectious diseases used to be poorly understood and unpreventable? _____

5. What is the difference between the 1990's and the 2000's? _____

6. What are lifestyle choices? _____
7. What are lifestyle diseases? _____
8. What is your chronological age versus your physiological age? _____

9. What six factors had the most impact on people's physiological age?
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
10. What are carcinogens? _____
11. List 5 things that contribute to emotional, mental, and spiritual health.



Health Making Life Choices 2nd Edition Chapter Resource 11

A Gutmann



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