

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 cantalanas? _____
11. List 5 things that contribute to emotional, mental, and spiritual health.

Health Making Life Choices 2nd Edition Chapter Resource 16

A Gutmann



Health Making Life Choices 2nd Edition Chapter Resource 16:

Health Making Life Choices 2nd Edition Chapter Resource 16 Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Health Making Life Choices 2nd Edition Chapter Resource 16**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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