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Why good leaders
make you feel safe

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The Health & Your Wellness chapter of this Holt Lifetime Health Companion Course helps students learn the essential lessons associated with health and wellness. Each of

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next set of
questions.

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lifestyle diseases. a
disease that is~~

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Health Chapter

caused partly by
unhealthy

behavior. risk

factor . anything

that increases the
likelihood of injury,

disease, or other
health problems.

sedentary. not

taking part in

physical activity on
a regular basis.

health. the state of
well-being in which

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all of the Chapter
components of
health--physical,
emotional, social ...

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Chapter 2: Skills for
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Chapter 3: Self-
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Health Chapter 4:
Managing Stress
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Loss Chapter 5:
Preventing
Violence and Abuse

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~~Health and Your~~
~~Wellness ...~~
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lifestyle diseases. a disease that is caused partly by unhealthy behavior. risk factor. anything that increases the likelihood of injury, disease, or other health problems. sedentary. not taking part in physical activity on a regular basis.

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Health, the state of well-being in which all of the components of health--physical, emotional, social ...

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sedentary. health. a disease that is caused partly by unhealthy behavior. anything that increases the likelihood of injury, disease, or... not taking part in physical activity on a regular basis. the state of well-being in which all of the components of

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lifestyle
diseases. a disease
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- Wellness is a continuum ranging from death to optimal health. • You can choose your behaviors to move closer to optimal health.
- Wellness: Striving for Optimal Health
16.

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The Lifestyle

Diseases chapter of this Holt Lifetime Health Companion Course helps students learn the essential lessons associated with lifestyle diseases. Each of these simple and fun video...

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- Health in the Past
Infectious diseases
were the most
significant health
problems in the

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Today Many health problems today are caused in part by unhealthy lifestyles. Diabetes, heart disease, and cancer are examples of lifestyle diseases.
Chapter 1

~~Chapter 1 Leading
a Healthy Life~~

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The Other Diseases & Disabilities

chapter of this Holt
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helps students
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lessons associated
with other diseases
and disabilities.
Each of these...

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Other Diseases ...

The Understanding
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helps students
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