



**BIG IDEA**

**Being in the best of health throughout your life means making healthy choices and practicing healthful behaviors.**

## **New Vocabulary**

**➤ health**

**➤ chronic disease**

**➤ wellness**

# Take Charge of Your Health

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## Main Idea

**You are responsible for your own health.**

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Every day, you make decisions that shape your health.

## *New Vocabulary*

### **health**

The combination of physical, mental/emotional, and social well-being.

# Your Health Triangle

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## Main Idea

**It is important to balance your physical, mental/emotional, and social health.**

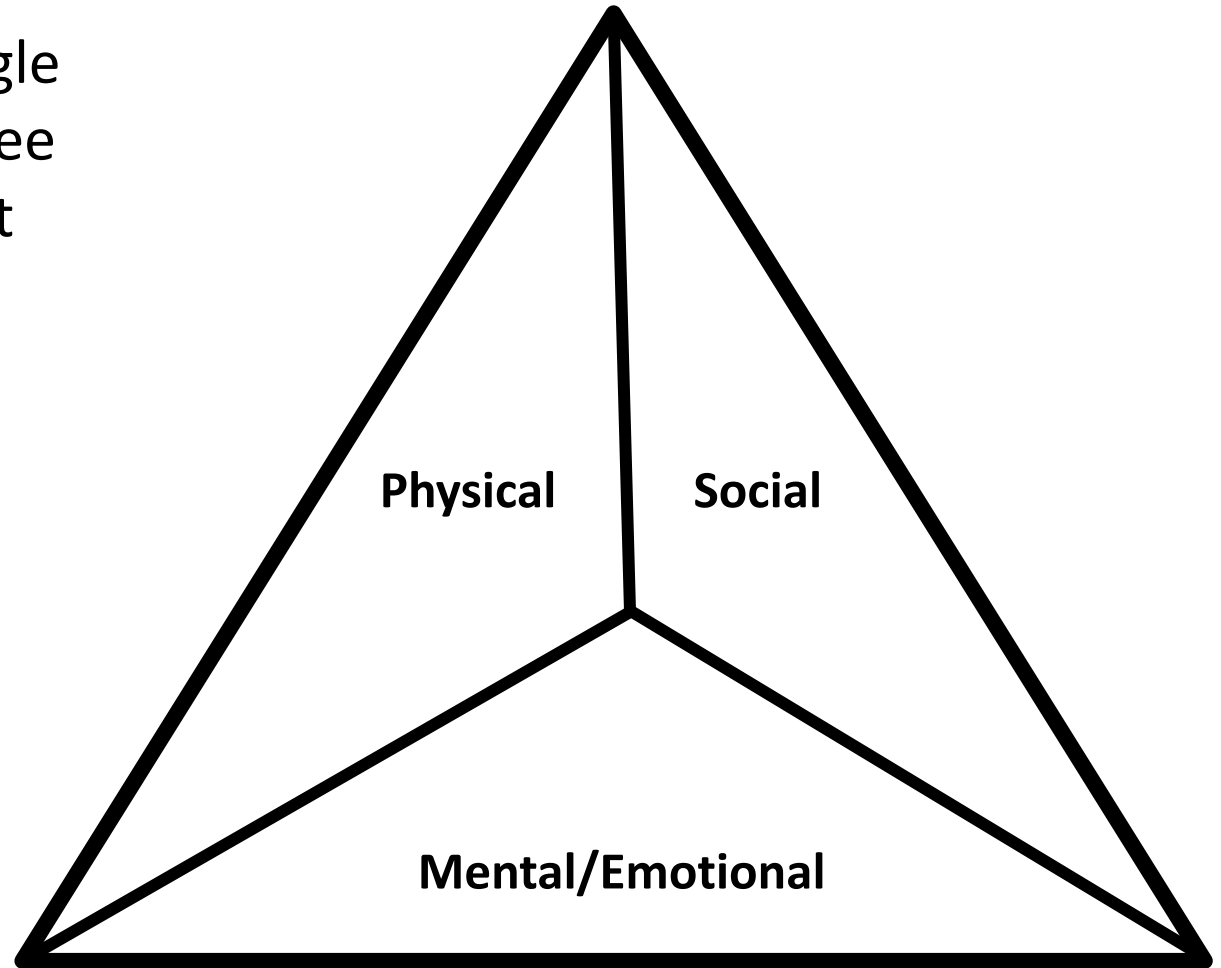
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Having good health gives you the energy you need to enjoy life and pursue your dreams.

# Your Health Triangle

Your health triangle is made up of three equally important areas.

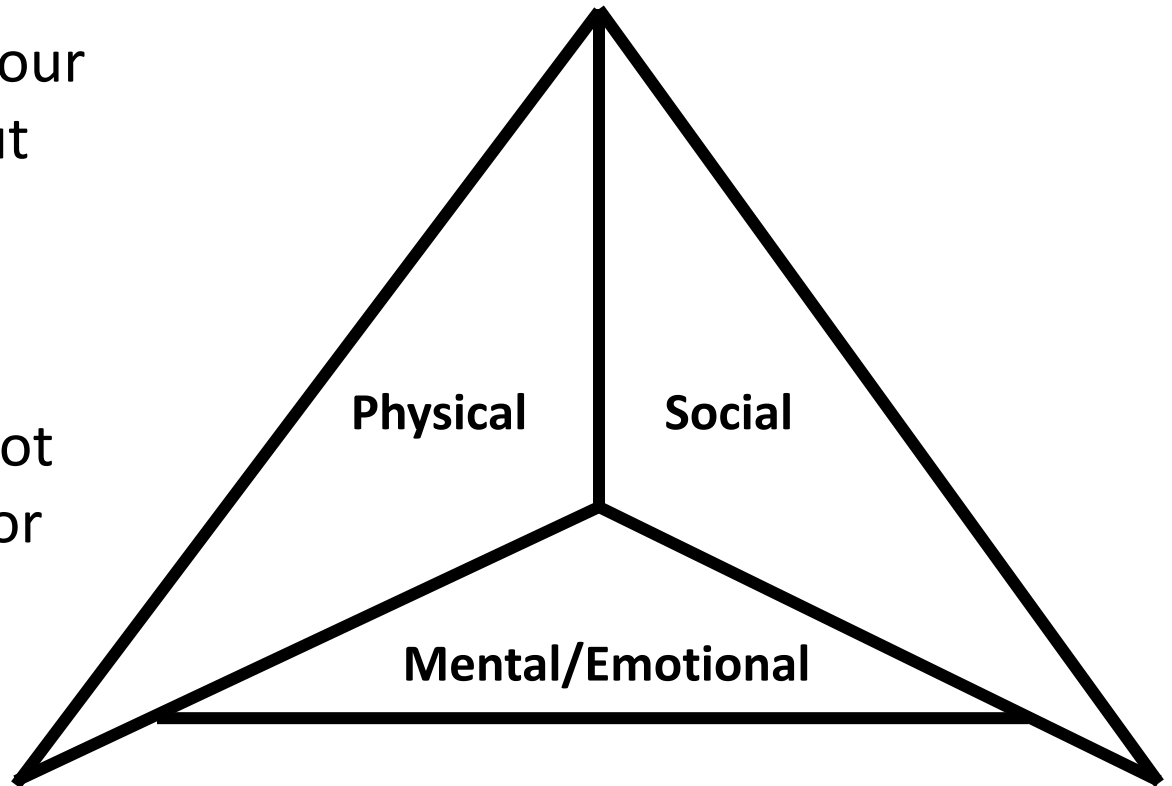
All sides of your health triangle should be equal.



# Your Health Triangle

When one side is smaller or larger, your overall health is out of balance.

A person with this health triangle is not caring well for his or her mental/emotional health.



# Physical Health

Physical health is all about how well your body functions.

## Five Tips for Physical Health

**Get eight to ten hours of sleep each night.**

**Eat nutritious meals and drink at least eight cups of water per day.**

**Engage in at least 60 minutes of physical activity daily.**

**Bathe daily.  
Brush and floss your teeth each day.**

**Avoid risk behaviors, such as tobacco, alcohol, and drug use. Also avoid sexual activity.**

# Mental/Emotional Health

Mental/emotional health is about your feelings and thoughts. It is a reflection of:

- **How you feel about yourself.**
- **How you meet the demands of your daily life.**
- **How you cope with problems that occur in your life.**



# **Mental/Emotional Health**

Characteristics of mentally and emotionally healthy people are:

**Enjoy challenges.**

**Accept responsibility for their actions.**

**Have a sense of control over their lives.**

**Can express their emotions in appropriate ways.**

**Have strategies for life's stresses and frustrations.**

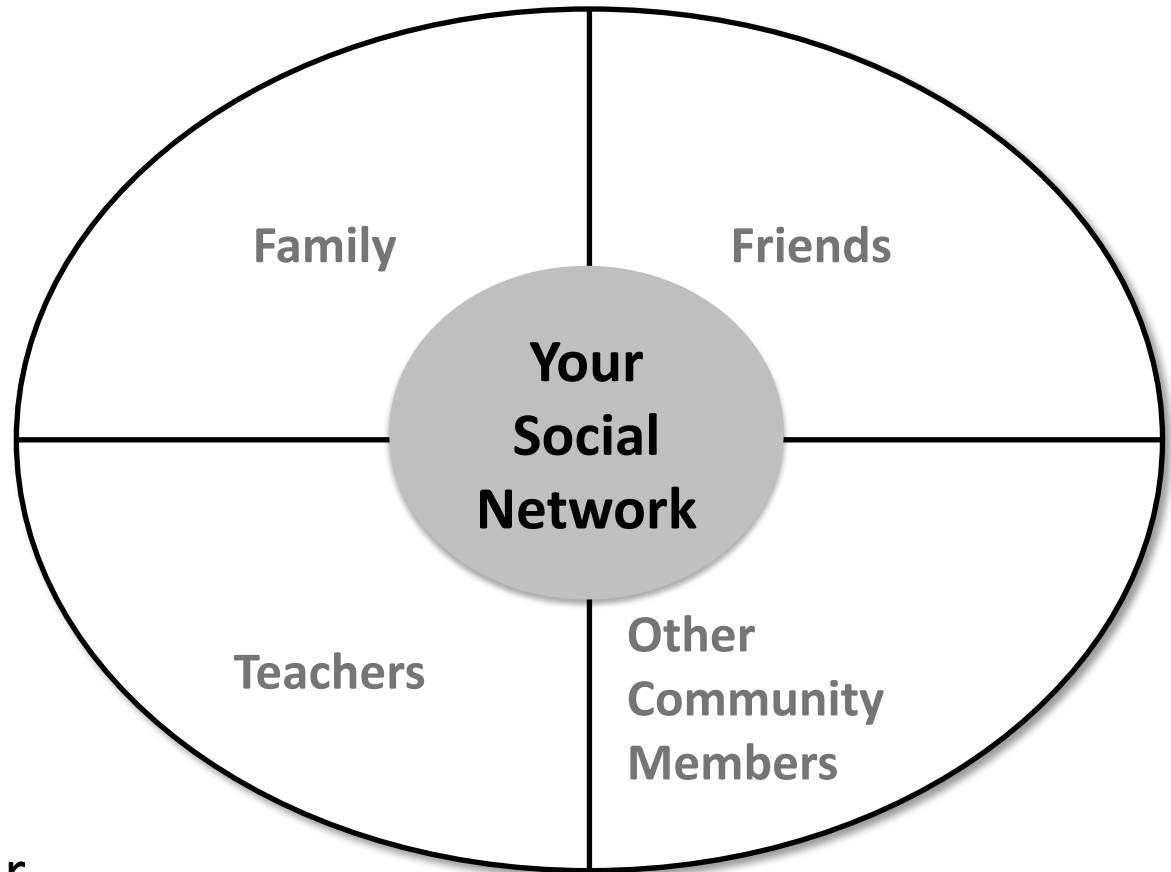
**Have a positive outlook.**

**Make thoughtful and responsible decisions.**

# Social Health

Social health is shown in how you get along with others.

Maintaining healthy relationships is one way of caring for your social health.



# Social Health

Social health is getting along with others.

Maintaining healthy relationships is one way of caring for your social health.



# Social Health

## Tips for Maintaining Healthy Relationships

**Seek and lend support when needed.**

**Communicate clearly and listen to others.**

**Show respect and care for yourself and others.**

# Keeping a Balance

When your health triangle is balanced, you have a high degree of **wellness**.

Wellness comes from making responsible decisions and practicing healthful behaviors that are based on sound health knowledge and healthful attitudes.

## *New Vocabulary*

### **wellness**

An overall state of well-being, or total health.

# The Health Continuum

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## Main Idea

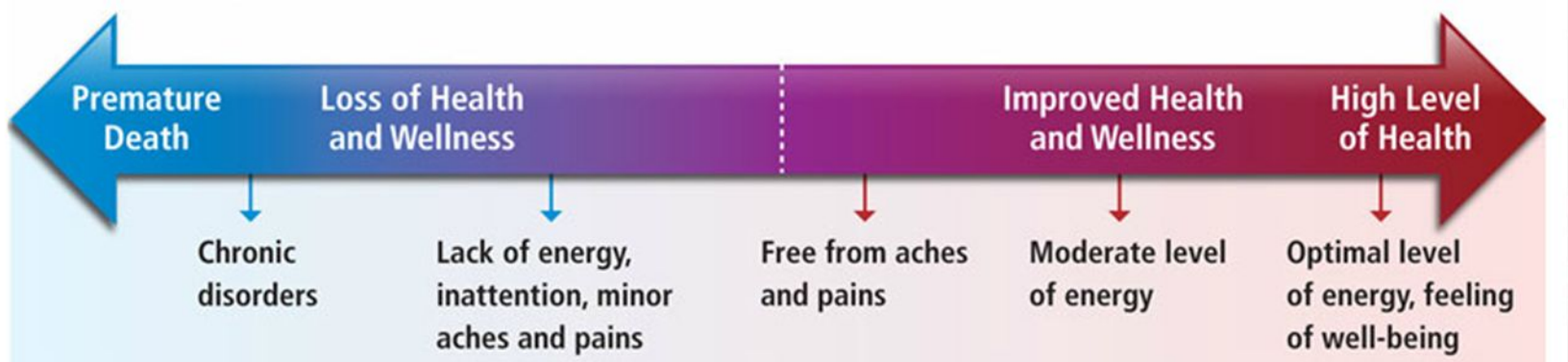
**Healthful behaviors will promote your wellness.**

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Your health at any moment can be seen as a point along a continuum, or sliding scale.

# The Health Continuum

Your health can be measured on a sliding scale.



One-half of all American adults live with a **chronic disease**.

## *New Vocabulary*

### **chronic disease**

An ongoing condition or illness, such as heart disease, obesity, or cancer.

# After You Read

Reviewing Facts and Vocabulary

- 1. Define the word *health*.**



# After You Read

Reviewing Facts and Vocabulary

- 2. List important steps you can take to promote your physical health.**

# After You Read

Reviewing Facts and Vocabulary

- 3. What is the health continuum? Describe the continuum's endpoints.**

