

Name: _____
Health 8

Date: _____

Wellness Notes

I. What is Health?

Health –

Characteristics of Health:

1. _____ How well your body functions
2. _____ How you feel about yourself & your attitude toward life
3. _____ Relationships with others

II. Health Risks: Most decisions we make on a daily basis involve taking risks.

Risk –

Risk Factors:

1. Hereditary Risks:

Examples:

2. Environmental Risks:

Examples:

3. Behavioral Risks:

Examples:

How do your **behaviors** (*risks you choose to take*) lead to negative health results?

<u>Behavior</u>		<u>Result</u>
Smoking	→	
Poor Diet	→	
Being Overweight	→	
Tanning	→	
Stress	→	
Unprotected sex	→	

III. Unintentional Injury-

Examples: seat belts, water safety, reading directions, proper sports safety equipment

3rd leading cause of death in America

Taking Responsibility for your Health!

1. _____ : be aware of personal health and signals from your body
2. _____ : read, research, and stay updated, especially if you are at risk
3. _____ : beliefs and values, decide to be healthy, be mature and refuse things that you are not comfortable with
4. _____ : take action, practice healthy living skills

Leading Causes of Death in Teens:

Leading Causes of Death in Americans: