

# Understanding Health and Wellness

---

## Study Guide



You need to know:

- What does the health triangle represent?

**Total health**

- What are the three sides of your health triangle?

**Physical, mental/emotional, and social**

- The characteristics of people with good mental/emotional health.

**Enjoy challenges, accept responsibility, sense of control, express emotions positively, deal with stress/frustration, positive outlook, thoughtful decisions.**



- Why does your health triangle need to be balanced?

To achieve high degree of health/wellness.

- What does a health continuum represent?

Complete range of health from loss of health to high level of wellness

- The three things that make up your environment.

Physical environment, social environment (peers), and culture

- The one influence on your health of which you have no control?

Heredity



- Two main goals of Healthy People 2020.  
Increase quality and length of life for all Americans.  
Do away with health disparities.
- The lifestyle factors that promote good health.  
8-10 hours of sleep each night.  
Starting day with a healthy breakfast.  
Eating a variety of nutritious foods.  
Physically active 60 minutes everyday.  
Maintaining a healthy weight.  
Abstaining from smoking or using tobacco.  
Abstaining from the use of alcohol/other drugs.