

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

**\*3<sup>rd</sup> 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: