

Name: \_\_\_\_\_

Period: \_\_\_\_\_

## Health Choices and Behavior Chapter 1

Use complete sentences to explain the signifi cance of each of the following:



1. What are life management skills? \_\_\_\_\_  
\_\_\_\_\_
2. Define health. \_\_\_\_\_  
\_\_\_\_\_
3. Define wellness. \_\_\_\_\_  
\_\_\_\_\_
4. What types of infectious diseases used to be poorly understood and unpreventable? \_\_\_\_\_  
\_\_\_\_\_
5. What is the difference between the 1990's and the 2000's? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. What are lifestyle choices? \_\_\_\_\_
7. What are lifestyle diseases? \_\_\_\_\_
8. What is your chronological age versus your physiological age? \_\_\_\_\_  
\_\_\_\_\_
9. What six factors had the most impact on people's physiological age?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
10. What are cantalinas? \_\_\_\_\_
11. List 5 things that contribute to emotional, mental, and spiritual health.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Health Making Life Choices 2nd Edition Chapter Resource 11

**K Payea**



**Health Making Life Choices 2nd Edition Chapter Resource 11:**

## Reviewing **Health Making Life Choices 2nd Edition Chapter Resource 11**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Health Making Life Choices 2nd Edition Chapter Resource 11**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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