**Your Health and Wellness**

**Lesson 1**

1. Have you done anything today that would qualify as being healthy? If so, explain.
2. Are you healthy? Why or Why not?
3. What is Health?
4. What does being Healthy mean?
5. A person with a balanced life is said to have a high degree of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, an overall state of well-being, or total health.
6. Name 5 lifestyle factors that promote good health.
7. The key to wellness is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. Why is Health Education important?
9. Who plays an important role in meeting the nation’s health goals?
10. Individuals, Families, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_each have a role to play in improving global health.
11. Explain how being health literate helps you achieve and maintain good health.
12. Name 3 negative consequences that may occur for people who usually do not take responsibility for maintaining their own health.

*Health Skills Activity*

Read the health activity and set your own goal.

1. Identify a specific healthy goal and write it down.
2. List the steps you will take to reach your goal.
3. Identify potential problems and ways to get help and support from others.
4. Set up checkpoints to evaluate your progress. (How often will you evaluate)
5. Reward yourself once you have achieved your goal. (What will you reward yourself with)