Chapter 1: Understanding Health and Wellness
What is the definition of Health?
What does it mean to be healthy?
What do you want to learn from Health Class?

Bell Ringer
Health....

- “The combination of physical, mental/emotional, and social well-being” - defined by your textbook
- “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity” - defined by W.H.O.
- “The condition of being sound in body, mind, or spirit; especially: freedom from physical disease or pain.” - defined by Merriam-Webster dictionary

*Personal Responsibility is key to living and maintaining a healthy lifestyle**
Health Triangle
(Wellness Triangle)
Health Triangle
(Wellness Triangle)

• Physical Health:
  • Having enough energy to perform your daily activities, deal with everyday stresses, and avoid injury
Health Triangle
(Wellness Triangle)

- Mental/Emotional
  - Your feelings and thoughts
  - Reflection on how you feel about yourself, how you meet the demands of your daily life, and how you cope with the problem that occur in your life
  - **Spiritual health**: a deep-seated sense of meaning and purpose in life
Health Triangle
(Wellness Triangle)

Social Health

• Get along with others!!!
• Social network includes: family, friends, teachers/coaches, members of your community
• Healthy relationships include:
  • Seeking and lending support when needed
  • Clearly communicating and listening to others
  • Showing respect and care
Keeping a balanced triangle

• When your triangle is balanced, you have a high degree of **Wellness**
  • **Wellness**: an overall state of well-being or total health

• Wellness comes from making decisions and practicing behaviors that are based on sound health knowledge and healthful attitudes: to be “well” all three components of triangle must be balanced

• Can change from day to day
The Wellness Continuum

Identifying causes of interference through:
- CRT
- LifeLine
- Quantum Technique
- Detoxification of mind/body
- Nutrition

Headaches, fatigue, mood issues, thyroid imbalance, fibromyalgia, depression, hormones, allergies, anxiety

Neutral Point

Increased Energy, Increased Happiness

Living the life of your dreams
Increased Passion
Fulfillment of life for self/family

Passion for Life

Death, hospital visits, surgery, lifestyle limitations, symptom suppression

Depression, lack of activity, decreased activity level

High-Level Wellness
Longevity/Life Expectancy

• **Longevity/Life Expectancy**: How long you’re going to live

• Your lifestyle choices influence your longevity of life.
Health Collage
# Leading Cause of Death

<table>
<thead>
<tr>
<th>Year</th>
<th>Leading Causes of Death</th>
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<tbody>
<tr>
<td>1890</td>
<td>Flu, Pneumonia, Tuberculosis, Scarlet Fever, Kidney Disease, Stroke, Digestive diseases</td>
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Motivation and Change

**Motivation**: The force that moves people to act. There are 2 types of motivation

1. **Human Drive**: Instinct -> hunger, thirst, fear
2. **Learned Motivation**: Decision influenced by factors
Motivation and Change

Influences on Learned Motivation

1. **Value** of Reward: How big and how important?
2. **Timing**: When will I get it?
3. **Costs**: Risks or Consequences?
4. **Probability**: How likely is the reward?
What Affects Your Health?

- Heredity, environment, culture, attitude, behavior, and media can all influence your health.
- It is YOUR responsibility to make healthy decisions and take action to ensure your well-being.
Influences on Health

• **Heredity**: all the traits that were biologically passed on to you from your parents
  - Physical features- hair color, eye color, body type
  - Disease/disorders- diabetes, heart disease, Alzheimer's, certain types of cancers
Influences on Health

- **Environment**: the sum of your surroundings
  - Physical environment
  - Social environment: Your social environment is made up of all the people around you, including your family and peers.
    - **Peers**: people of the same age who share similar interests
    - **Culture**: the collective beliefs, customs, and behaviors of a group

<table>
<thead>
<tr>
<th>Positive Influences</th>
<th>Negative Influences</th>
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<tbody>
<tr>
<td>✅ Become more active</td>
<td>✖ Avoid responsibilities</td>
</tr>
<tr>
<td>✅ Develop new interests</td>
<td>✖ Engage in risk behaviors</td>
</tr>
<tr>
<td>✅ Develop new friendships</td>
<td>✖ Harm relationships with family, friends, and others.</td>
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<tr>
<td>Environmental (Physical) Factors that Affect Your Health</td>
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<tr>
<td>--------------------------------------------------------</td>
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<tr>
<td>Neighborhood safety</td>
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<tr>
<td>School safety</td>
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<tr>
<td>Air quality</td>
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<tr>
<td>Water quality</td>
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<tr>
<td>Availability of parks</td>
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<td>Availability of recreational facilities</td>
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<td>Availability of libraries</td>
<td></td>
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<td>Access to medical care</td>
<td></td>
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<tr>
<td>Cleanliness of your surroundings</td>
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</tbody>
</table>
Influences on Health

- **Attitude** - the way you view situations
  - “Think in positive ways, you will act in positive ways”
- **Behavior**
  - Chose to avoid high-risk behaviors
  - Pick healthy behaviors
- **Media and Technology**
  - **Media**: the various methods for communicating in
  - **Technology**: radio, television, and the internet
Health Risks and Your Behaviors

1) Identify/recognizing Risks
2) Avoid/Reduce Risks
3) Promote Your Health
1) **Identifying Health Risks**
   - **Risk Behaviors**: actions that can potentially threaten your health or the health of others
   - **Cumulative Risks**: related risks that increase in effect with each added risk

2) **Avoiding/Reducing Risks**
   - **Prevention**: taking steps to keep something from happening or getting worse
   - **Abstinence**: deliberate decision to avoid high-risk behaviors

3) **Promote Your Health**
Lifestyle Factors: the personal habit or behaviors related to the way a person lives

• Improve your level of health by:
  • Getting 8 hours of sleep each night
  • Start each day with a healthy breakfast
  • Eat a variety of nutritious food each day
  • Be physically active
  • Maintain a healthy weight
  • Abstain from smoking, alcohol, and other drugs