

Name:

Class Period:

<https://www.youtube.com/watch?v=QsLzF0bL4Q>

Introduction to Health

What is health and wellness?

Health is a combination of three parts:

1. I
- 2.
- 3.

What shape is the video using to help us visualize our total health?

Pick one: Circle, Square, Triangle, Rectangle.

Answer:

Physical Health

Positive ways to improve physical health:

- 1.
- 2.
- 3.
- 4.

In one sentence tell me what do you do to help improve your physical health?

Answer:

Mental/Emotional Health

- 1.
- 2.
- 3.
- 4.

In one sentence tell me how do you handle your stress?

Answer: The way I improve my mental health is...

Social Health

- 1.
- 2.
- 3.

In one sentence how can you support the people you love?

Answer:

Definition of Wellness: