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Chapter 1

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a disease that is caused partly by unhealthy behavior. risk factor.
anything that increases the likelihood of injury, disease, or other
health problems. sedentary. not taking part in physical activity on a
regular basis. health. the state of well-being in which all of the
components of health--physical, emotional, social ...

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sedentary. health. a disease that is caused partly by unhealthy

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Chapter 1

behavior. anything that increases the likelihood of injury, disease, or... not taking part in physical activity on a regular basis. the state of well-being in which all of the components of heal... lifestyle diseases. a disease that is caused partly by unhealthy ...

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ResourcesChapter menu Section 2 Health and Wellness Chapter 1

- Wellness is a continuum ranging from death to optimal health.
- You can choose your behaviors to move closer to optimal health.

Wellness: Striving for Optimal Health 16.

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The Lifestyle Diseases chapter of this Holt Lifetime Health

Companion Course helps students learn the essential lessons

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associated with lifestyle diseases. Each of these simple and fun video...

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- Health in the Past Infectious diseases were the most significant health problems in the past.
- Health Today Many health problems today are caused in part by unhealthy lifestyles. Diabetes, heart disease, and cancer are examples of lifestyle diseases.

Chapter1

~~Chapter 1 Leading a Healthy Life~~

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