

Chapter 1 Study Guide

STUDY TIPS

- ✓ Read the chapter objectives.
- ✓ Look up any unfamiliar words.
- ✓ Read the questions below before you read the chapter.

As you read the chapter, answer the following questions. Later you can use this guide to review the information in the chapter.

Lesson 1

1. List four ways to stay physically healthy.

2. List four ways to stay mentally/emotionally healthy.

3. List four ways to stay socially healthy.

4. Define *self-assessment* and relate it to health.

5. Explain the difference between *health* and *wellness*.
