

Fitness for Life

Chapter 16 – Chapter review

1. A healthy lifestyle is a way of living that helps you prevent illness and enhance wellness.
2. Lifestyle are the largest contributors to early death.
3. Healthy lifestyle would do more to improve the health and wellness of American people than any other change.

Next to each number, write the letter of the best answer.

- | | | |
|--------------|------------------|-------------------------------------------------------|
| 4. fulfilled | _____ | a positive aspect of social component of health |
| 5. informed | _____ | b positive aspect of intellectual component of health |
| 6. involved | _____ | c positive aspect of spiritual component of health |

7. How has the definition of health changed during this century?
Illness treatment to health and wellness
8. Explain the difference between controllable and non-controllable risk factors.
9. What is the focus of the national health goals as set forth in Healthy People 2010?
*Controllable mean you can do something about and vice versa
Free illness and healthy/happy lives*
10. What is wellness?

A Good Quality of Life