



**List characteristics of a healthy person on your white board. You have 2 minutes...Ready GO!**

# Aspects of Health

The term 'health' encompasses all of these things. It's not just about being free of sickness or disease.

1. Physical Health - how well your body functions
2. Mental Health - the state of being comfortable with yourself and others and with your surroundings
3. Emotional Health - how you react to events in your life
4. Social Health - how well you get along with others

Which area of health are you working on if you are...

Getting along better with your brother or sister.



Trying to learn from your mistakes

Trying to get more sleep





List as many things as you can think of that would influence the health of a person. Try not to focus only on behaviors. You have 2 minutes...Ready GO!

# There are several conditions that influence your life expectancy and your quality of life.

Heredity - traits that are passed biologically from parent to child



**There are several conditions that influence your life expectancy and your quality of life.**

Sex - male or female



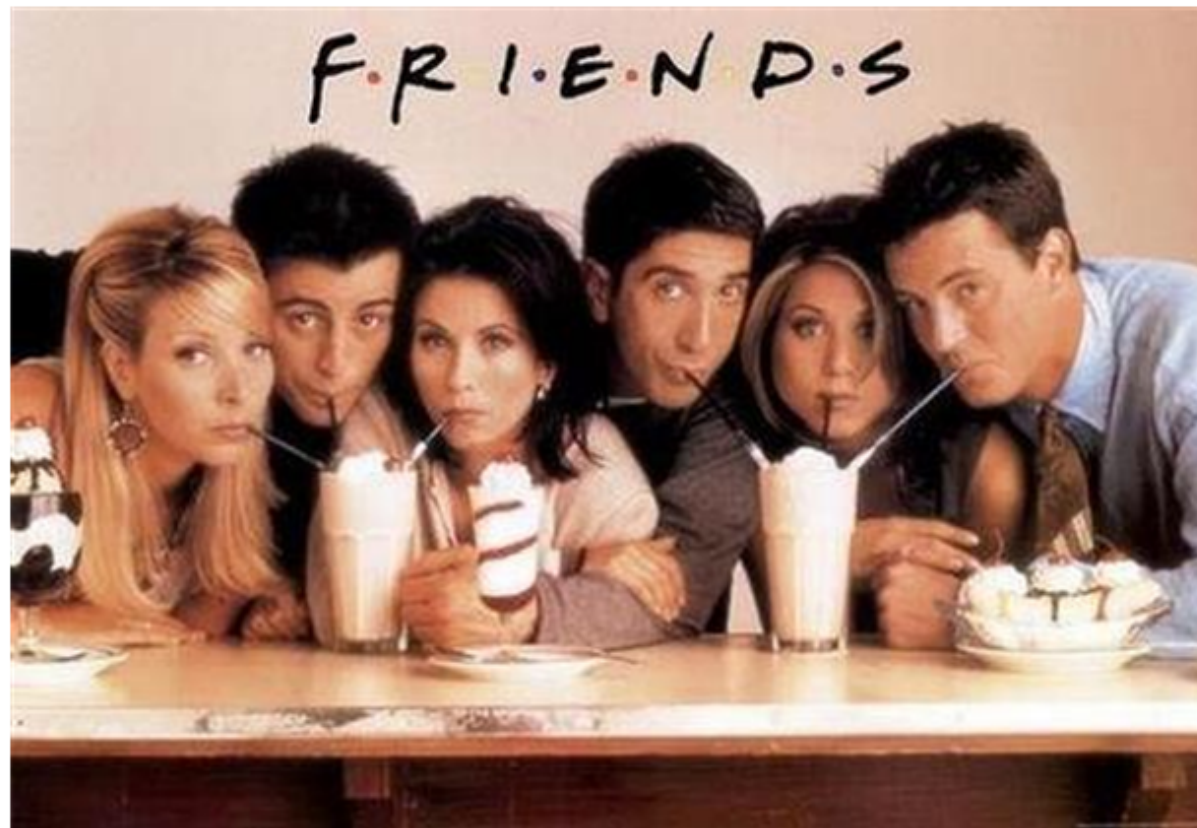
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Physical Environment - outdoor and indoor surroundings



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Social Environment - all of the people you spend your time with





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Culture - beliefs and patterns of behavior that are shared by a group of people and passed from generation to generation



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Media - forms of communication that provide news and entertainment



**There are several conditions that influence your life expectancy and your quality of life.**

Technology - electronics and other advances



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Healthcare - medical services provided by doctors, nurses, dentists and therapists and clinics and hospitals.



Talking Point:  
Do we have  
'healthcare' or  
'sick care'?

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Behavior - of all of the influences on your health, the decisions you make and the actions that you take often have the greatest impact on your health

