

Lifetime Health Chapter 1

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Chapter 1 Section 2 Review Lifetime Health. STUDY. PLAY. Health. is the state of well being in which all the components of health are in balance. Physical Health. refers to the way your body functions. Emotional Health. involves coping with your feelings and expressing them in a positive, non destructive way.

Chapter 1: Living a Healthy Life

Chapter 1 Notes Health Status of Americans some sobering statistics: Most causes of morbidity (unhealthy state) & mortality (death) in the US are highly preventable
1 out of 2 Americans have at least 1 chronic illness
2/3's of deaths in the US caused by only 5 chronic disease: heart disease, cancer, stroke, chronic lower respiratory disease, diabetes
The US ranks 31 st in life expectancy
"Diseases of lifestyle" arise from abundant health compromising Health Compromising Behaviors (HCB)

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Lifetime Health Chapter 1. Lifestyle diseases. Risk factor. controllable risk factors. uncontrollable risk factors. Diseases caused partly by unhealthy behaviors and partly by ot.... anything that increases the likelihood of injury, disease, or.... things you can change. ex. amount of exercise, avoid smoking,....

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Lifetime health chapter 1. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. Cristina_Nor. Terms in this set (10) lifestyle disease. a disease caused partly by unhealthy behaviors and partly by other factors. risk factor. anything that increases the likelihood of injury, disease, or other health problems.

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he first step in becoming responsible for your health is to increase your awareness of risk behaviors in your life. are actions that can potentially threaten your health or the health of others. A second step is to examine your current behaviors and make any necessary changes. Risk behaviors.

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Lifetime health chapter 1 & 2. STUDY. PLAY. Lifestyle diseases. Diseases caused partly by unhealthy behaviors and partly by other factors. Risk factor. A risk factor is anything that increases the likelihood of injury ,disease, or other health problems. Sedentary. Not taking part in physical activity.

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Lifetime Health Chapter 1 10 cards. Allied Health. Personal Health. Practice all cards Practice all cards Practice all cards done loading. lifestyle disease. a disease caused partly by unhealthy behaviors and partly by other factors. risk factor. anything that increases the likelihood of injury, disease, or other health problems.

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Lifetime Health Chapter 1. STUDY. PLAY. Lifestyle diseases. Diseases caused partly by unhealthy behaviors and partly by other factors. These diseases are influenced by the choices you make that effect your health. Risk factor. anything that increases the likelihood of injury, disease, or other health problems.

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These types of diseases plagued Americans in the past. (1800s early 1900s), Smoking, Diet, and Physical Activity are these types of risk factors, Heart disease, cancer, and diabetes are this type of disease, age, race, and heredity are this type of risk factor

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Chapter 8 Lifetime Health, Lifetime Health Chapter 3, Holt, Lifetime Health, Chapter 1, Lifetime Health Chapter 2, Lifetime Health Chapter 7, Lifetime Health Chapter 9. Hunger. Appetite. basal metabolic rate (BMR) Overweight. the body's physical response to the need for food. a desire to eat certain types of foods.

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