

Holt Chapter 1 Study Guide Healthy Life

1. List six health risk behaviors that lead to health problems in teens.
2. Compare the major causes of death in the past with the major causes of death today.
3. Distinguish between *controllable* and *uncontrollable* risk factors.
4. Name three behaviors you can adopt now to improve your health.
5. Describe the six components of Health.
6. Describe four influences on wellness.
7. Describe three ways to take charge of your wellness.
8. Name two ways you can improve two components of your health
9. Describe four ways society addresses health problems.
10. List three ways you can promote an issue to improve the health of others.
11. Define "Health".
12. Define "Risk Factor"