

CHAPTER
1

Health and Wellness

Lessons

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“ I am really **looking forward**
to this school year. I made first chair in **band**,
and I made the **baseball** team, too.
And best of all, I still have all of
my friends from last year. ”

Health IQ

PRE-READING

Answer the following multiple-choice questions to find out what you already know about health and wellness. When you've finished this chapter, you'll have the opportunity to change your answers based on what you've learned.

1. Doing which of the following would most help your physical health?
 - a. expressing your feelings to a friend
 - b. balancing your social life with schoolwork
 - c. getting 8 hours of sleep a night
 - d. using self-control
2. All of the following will help improve your social health EXCEPT
 - a. sharing your feelings with your friends.
 - b. showing respect toward your family and friends.
 - c. being considerate of others.
 - d. solving problems without a lot of difficulty.
3. Being able to cope with the demands of daily life is a sign of good
 - a. physical health.
 - b. emotional health.
 - c. mental health.
 - d. social health.
4. Getting an annual physical exam is
 - a. preventive healthcare.
 - b. a healthy attitude.
 - c. positive life skills.
 - d. good hygiene.
5. The life skill that involves giving thought to the value and quality of a product is
 - a. coping.
 - b. making good decisions.
 - c. being a wise consumer.
 - d. communicating effectively.
6. The life skill that gives you something to work toward and keeps you focused is
 - a. assessing your health.
 - b. setting goals.
 - c. practicing wellness.
 - d. communicating effectively.

ANSWERS: 1. c; 2. d; 3. c; 4. a; 5. c; 6. b

Lesson 1

What You'll Do

- **Identify** the four parts of health.
- **Explain** how the four parts of health affect your wellness.

Terms to Learn

- health
- wellness

Start Off Write

What are some ways that you can take care of your health?

What Is Health?

When school started, Sofia joined a sports team. Sofia was surprised to find that, instead of being tired, she felt better and had more energy because she was more active.

Sofia discovered that sports are not only fun but they are also really good for your health. **Health** is the condition of your physical, emotional, mental, and social well-being. Good health starts with making good choices. And good choices lead to good health habits.

Your Physical Health

When you think of health, you probably think about your physical health. Your *physical health* is the part of your health that deals with the condition of your body. Things that you can do to maintain your physical health include the following:

- eating balanced meals
- engaging in physical activity
- getting 8 hours of sleep every night
- maintaining good hygiene (*Hygiene* is the practice of keeping yourself clean. For example, washing your hands before eating is good hygiene.)
- avoiding alcohol, drugs, and tobacco



Figure 1 In-line skating is fun, and it is one way to stay physically active and healthy.



Figure 2 Your family is an important part of your life. Getting along with your family can improve your emotional health.

Your Emotional Health

How do you let other people know that you are sad or angry? *Emotional health* is the way in which you express your feelings. Sharing your feelings with other people is important for your emotional health. People who are emotionally healthy usually do the following:

- express their emotions in healthy ways
- deal with sadness and ask for help if they need to
- accept both their strengths and weaknesses

Even emotionally healthy adolescents find that their moods change a lot. These mood changes are a normal part of growing up. And growing up means you may have additional responsibilities both at home and at school. Sometimes, having more responsibilities can cause you stress and make you feel emotional. Talk to your parents or another trusted adult about your feelings and concerns.

Your Mental Health

Solving problems is one part of good mental health. The way that you cope with the demands of daily life is called your *mental health*. People who have good mental health usually have the following characteristics:

- the ability to handle stress effectively and to solve problems.
- openness to new ideas and new ways of doing things
- the ability to adjust to change

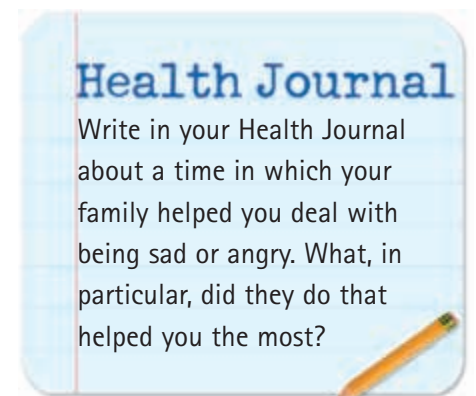


Figure 3 Being with your friends and feeling accepted are necessary for your social health.



Your Social Health

How well you get along with other people says something about your social health. *Social health* is the way you interact with people. People around you, especially your friends and family, give you a sense of belonging. By learning and practicing social skills, you can improve how well you get along with others. And how well you get along with others is important to your overall sense of well-being. How are your social skills? To find out, ask yourself the following:

- Are you considerate of other people?
- Do you show respect to other people?
- Are you dependable?
- Do you support your friends when they make good choices?
- Do you share your feelings with your friends?

LIFE SKILLS ACTIVITY

MAKING GOOD DECISIONS

You are at a party with several of your friends. Everyone is having a great time until two of your classmates get into an argument. It seems that a fight might even

start. Role-play this situation with a group of classmates. Discuss what you and your friends could do to prevent the argument from becoming a fight.

What Is Wellness?

The four parts of your health are equally important to your overall wellness. **Wellness** is a state of good health that is achieved by balancing your physical, emotional, mental, and social health. To keep your health balanced, do the following things:

- Stay physically healthy by taking care of your body.
- Stay mentally healthy by dealing with stress appropriately.
- Stay emotionally healthy by expressing your feelings in a healthy way.
- Stay socially healthy by being considerate of others.

Figure 4 Find out how your wellness rates by taking this quiz.

Wellness Quiz

On a separate piece of paper, write “true” or “false” for each of the following statements to check your overall health. Then, use the scale below to obtain your score.

Physical health	Emotional and mental health	Social health
I am physically active at least 3 days per week.	I do well in most of my subjects at school.	I have at least one good friend.
I eat well-balanced meals.	I tell others about how I feel.	I can say no to others.
I rarely snack on junk food.	I can talk about problems.	I can get along with different kinds of people.
I sleep 8 hours almost every night.	I am a responsible person.	I keep my promises to friends.
I avoid risky behavior.	My family is important to me.	I enjoy doing things with my family.
I brush and floss my teeth daily.	I am not afraid to be alone.	My friends trust me.
	I enjoy many different activities.	I can communicate with others.

Give yourself 1 point for every question that you answered “true.” A score of 6 or 7 in any area indicates excellent health in that area. If you scored below 4 in an area, you probably need to improve that part of your overall health.

Your Health Magazine 10

Lesson Review

Using Vocabulary

1. Define the term *wellness*.

Understanding Concepts

2. Describe the four parts of health.
3. Explain why the four parts of health must be balanced to achieve wellness.

Critical Thinking

4. **Identifying Relationships** Emotional and mental health are sometimes confused with each other. Explain how these two parts of health differ.
5. **Analyzing Ideas** You have lost interest in activities that you once enjoyed. What part or parts of your health are out of balance? Explain your answer.

Lesson 2

What Influences Your Health?

What You'll Do

- Explain how heredity influences your health.
- Explain how the environment affects your health.

Terms to Learn

- heredity
- environment

Start Off Write

Describe how your environment can have a positive effect on your health.

After Robert's family moved from a ranch to a large city, Robert started coughing a lot and his eyes were always itchy. His doctor said the pollutants in the air might be the cause of his allergies.

Anyone who has ever moved has had to adjust to his or her new surroundings. And new surroundings can often affect your health. In this lesson, you will learn about two things that have a major influence on your health: your heredity and your environment.

Who You Are

You have characteristics, or traits, that you inherited from your parents. For example, you may look more like your mom than your dad. This similarity is due to heredity. **Heredity** is the passing of traits from a parent to a child. These traits determine your physical features. For example, the color of your eyes, hair, and skin are physical traits that can be passed from your parents to you. Even some diseases, such as sickle cell anemia, are inherited. Sickle cell anemia causes the red blood cells to become shaped in such a way that small blood clots form and cause pain. Some diseases, such as diabetes, are affected by both heredity and other factors, such as diet.



Figure 5 Family members often resemble each other because physical traits are passed from generation to generation.



Figure 6 Your environment is made up of everything around you. Your school, home, and friends are just a few of the things that make up your environment.

What Is Around You?

Like Robert’s health, your health can also be affected by your environment. The **environment** is all of the living and nonliving things around you. And as you know, you can’t control some things in your environment. For example, one of the main causes of health problems, especially respiratory problems, is air pollution. Air pollution can trigger asthma, which is a lung disease, and can contribute to allergies. Secondhand smoke is another form of air pollution that can be difficult to avoid.

You may be aware that your environment can affect your physical health. But you may not realize that your environment can also affect other parts of your health. For example, noise pollution can make it hard to concentrate and thus affects your mental health.

STUDY TIP *for better reading*

Organizing Information
 Make a chart with two columns. Title one column “Environment,” and title the other column “Heredity.” List three things in each column that are influenced by your environment or your heredity.

Lesson Review

Using Vocabulary

1. What is heredity?
2. Define *environment*.

Understanding Concepts

3. Explain how heredity can affect your health.

Critical Thinking

4. **Making Inferences** What are three things in your environment that can affect your health? Can you control any of these things? Explain your answer.
5. **Analyzing Viewpoints** Which do you think has a larger role in influencing your health: heredity or environment? Explain your reasons.

Lesson 3

Healthy Attitudes

Alejandro had overslept. He had time to either make breakfast for himself or walk his dog if he wanted to get to school on time. He chose to walk his dog and grab a cereal bar.

Everyone has mornings when nothing seems to go right. But even on those mornings, you will want to make the best choices for your health. In this lesson, you will learn the importance of making choices that will keep you healthy.

What You'll Do

- Explain the relationship between your lifestyle and your health.
- Explain what you can do to take control of your health.
- Describe how you can make responsible choices about your health.

Terms to Learn

- lifestyle
- attitude
- preventive healthcare

Start Off Write

What are two things you could do to improve your health?

Healthy Living

The choices that you make reflect your lifestyle. A **lifestyle** is a set of behaviors by which you live your life. A healthy lifestyle begins with having a good attitude. Your **attitude** is the way in which you act, think, or feel that causes you to make certain choices. A good attitude allows you to make choices that are good for you and your health.

Controlling Your Health

You have the ability to control much of your health. If one part of your health isn't as good as it should be, make a decision to improve that part of your health. For example, if you're feeling tired, you could decide to get more sleep. But don't ignore the other parts of your health while you are trying to improve one part. Remember that all four parts of your health are equally important for overall wellness. If you aren't sure how to improve a certain part of your health, talk to your parents or to a trusted adult for advice.

Figure 7 These are just some of the things that contribute to a healthy lifestyle. What other things could you add?

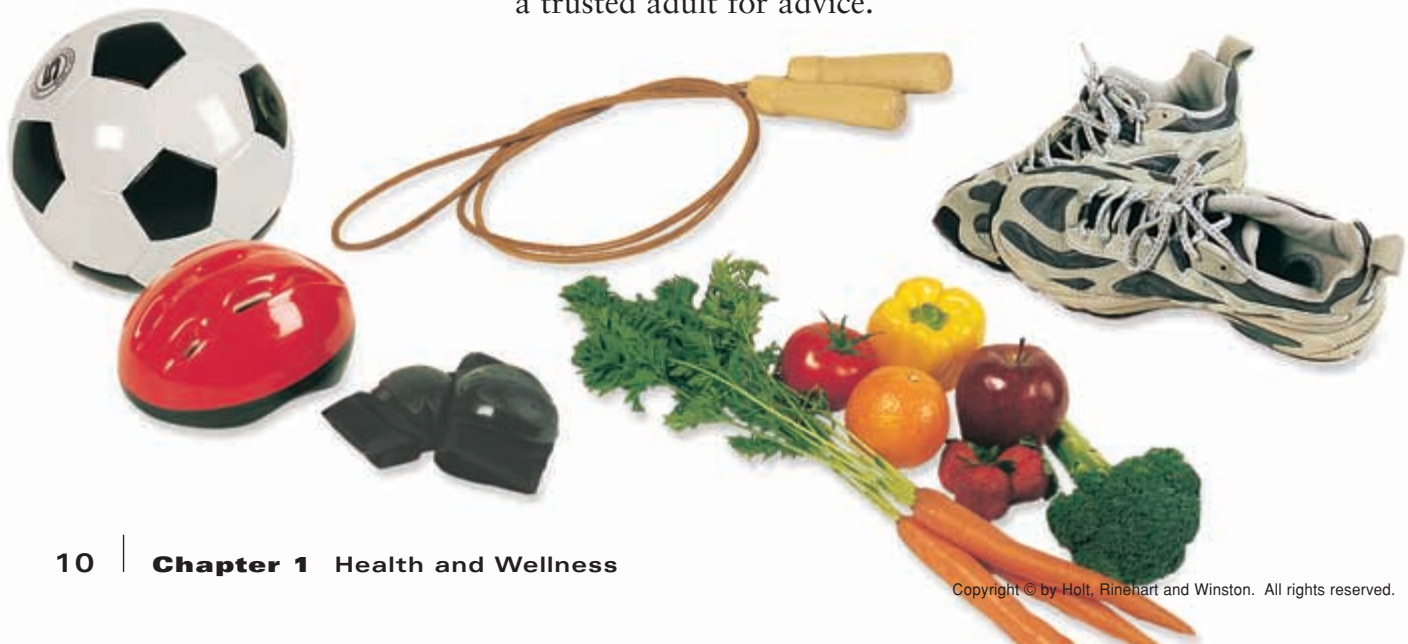




Figure 8 Vision problems often can be found with an eye exam, which is an example of preventive healthcare.

Being Responsible

You have things that you are responsible for right now. And as you get older, you will be expected to have more responsibilities, both at home and at school. As you get older, you become more responsible for taking care of yourself. Taking care of yourself involves practicing preventive healthcare. **Preventive healthcare** is taking steps to prevent illness and accidents before they happen. For example, going to the doctor for regular exams is preventive healthcare.

However, preventive healthcare involves more than yearly checkups. For example, when you eat right, avoid risky behavior, and buckle your seat belt, you are protecting yourself from possible illness or injury. The choices that you make today are the start of new health habits. You should form good health habits now because bad health habits can be very difficult to break.

Health Journal

Think of a personal decision that you made this year that is an example of acting responsibly. Write your decision in your journal, and explain why you made that decision.



Lesson Review

Using Vocabulary

1. What is a healthy attitude?
2. Define the term *lifestyle* in your own words.

Understanding Concepts

3. Explain why preventive healthcare is important, and give three examples of it.

4. What are two things that you can do to take control of your health?

Critical Thinking

5. **Analyzing Ideas** What is the relationship between attitude and lifestyle? How do attitude and lifestyle affect your health?

Lesson 4

Life Skills to Improve Your Health

What You'll Do

- **Identify** the nine life skills that can improve your health.
- **Identify** four ways that using life skills can help you.
- **Explain** how you can check your progress in learning these skills.

Terms to Learn

- life skills

Start Off Write

Which life skills are important to you and your health?

A group of popular older teens has asked Miguel to go to a party. He knows that some members of the group use alcohol and tobacco. Miguel doesn't want to do those things, but he isn't sure how to say no.

Like Miguel, you may someday find yourself in a difficult situation. This lesson will teach you skills that will help you deal with difficult situations and that can protect your health.

The Life Skills

As you get older you will have to deal with many new situations. Life skills can help you in these situations. **Life skills** are skills that help you deal with situations that can affect your health. Table 1 defines each of the nine life skills. As you read through this textbook, you will continue to learn about the life skills and how to use them. Each chapter will provide you with more opportunities to practice using the life skills.



Figure 9 Communicating effectively is one of the life skills that will help you now and throughout your life.

TABLE 1 The Nine Life Skills

Assessing your health	evaluating each of the four parts of your health and assessing your health behaviors
Making good decisions	making choices that are healthy and responsible
Setting goals	aiming for something that will give you a sense of accomplishment and achievement, such as breaking bad habits or planning your future
Using refusal skills	saying no to things that you don't want to do as well as avoiding dangerous situations
Communicating effectively	avoiding misunderstandings by expressing your feelings in a healthy way
Coping	dealing with problems and emotions in an effective way
Evaluating media messages	judging the accuracy of advertising and other media messages
Practicing wellness	practicing good health habits, such as getting plenty of exercise and eating good foods
Being a wise consumer	comparing different products and services for value and quality

SOCIAL STUDIES ACTIVITY

Have interested students research and write a report about the goals that Franklin D. Roosevelt had in mind when he began many of his projects during the Great Depression of the 1930s.

Hands-on ACTIVITY

ANALYZING ADVERTISEMENTS

1. For one week, find as many advertisements for a certain kind of product, such as shampoo, as you can.
2. Paste at least five of your ads onto poster board, and number each ad.
3. Study each ad carefully. Try to determine the message of each ad.

Analysis

1. Make a table that has five columns and enough rows for every ad that you brought to class. Title the columns "Eye appeal," "Target age group," "Claims," "Hidden message," and "Believability."

2. Analyze each ad, and fill in each column with your findings. While you are analyzing the ads, ask yourself the following questions:

- What first caught your eye? (This is called eye appeal.)
- What is the age of the person in the ad? What age group does each ad seem to be targeting?
- What does each ad promise or claim that the product can do?
- Are there hidden messages in the ad?
- How believable is the claim of each ad?

3. Summarize your findings by writing a paragraph about how advertisements convey their messages to consumers.

Using the Life Skills

When you start using a new skill, you may feel uncomfortable at first. As with any new skill, you will have to practice these nine life skills before you feel comfortable using them. But with regular practice, using these skills will soon feel very natural. And before you know it, you will have mastered the nine life skills. Understanding how each of these skills can help you will make learning them easier. Life skills can help you do the following things:

- make a decision or set a goal
- say no to someone
- express your feelings to other people
- practice good health habits
- cope with problems and emotions
- become a better consumer

**LIFE SKILLS
ACTIVITY**

**PRACTICING
WELLNESS**

Think of a problem that you have in school that could be solved by using one of the life skills. Which life skill would you use, and how would this skill help solve your problem?

Checking Your Progress

After you have been using the life skills for a while, you should step back and check your progress. The following are examples of questions you may want to ask yourself to check your progress in using the life skills:

- Which skills do I use most often?
- Which life skills do I feel comfortable using?
- Which skills do I still need help with?

As you check your progress, look for areas in which you have improved. Also, look at areas where you can still improve. If you find that you are having problems using a particular skill, you may want to talk to your teacher or to your parents. These adults probably use many of these skills every day, and they can give you helpful advice.

Figure 10 Life skills will help you make decisions that are in your best interest, such as choosing a healthy snack.



Life Skills and Staying Healthy

Staying healthy takes some effort. But knowing how and when to use the life skills will make staying healthy easier. Think about how you will use the life skills when you face a problem. If you plan ahead, you will find it much easier to deal with problems when they arise. For example, play out a certain scene in your mind ahead of time, and if that situation arises, you will know what to do. Sometimes, it may help to practice certain situations with a friend. Remember that your goal is to keep all parts of your health balanced. And the life skills that you are learning right now will help you assess and improve all of the areas of your health. When your health is balanced, you will feel good physically, emotionally, mentally, and socially. And feeling good is what wellness is all about.



Figure 11 Using life skills will help you be happy and well-adjusted.

Lesson Review

Using Vocabulary

1. What is a life skill?

Understanding Concepts

2. Explain why the life skills are important to learn and use.
3. Describe how you can check your progress in learning the life skills.
4. Explain how practicing a life skill with a friend can help you when you face a real problem.

Critical Thinking

5. **Analyzing Ideas** Your friends became upset that you chose not to go to the game Friday night. What life skills could help you say no? Explain your answer.
6. **Applying Concepts** Your family is moving to another state. You are upset because you have gone to the same school since the first grade and you will miss your friends. Which life skill would help you, and how would you apply it?

Chapter Summary

■ The four parts of your health are physical, emotional, social, and mental health. ■ Physical activity, a balanced diet, and plenty of sleep are needed for good physical health. ■ Liking and accepting yourself is a sign of good emotional health. ■ Good mental health helps you deal with daily problems effectively. ■ Good social health is getting along well with other people. ■ Wellness is having all parts of your health balanced. ■ Your health is influenced by your heredity and your environment. ■ Your lifestyle and attitude affect your health. ■ Life skills help you deal with situations that can affect your health. To be healthy and happy, you need to make the life skills a part of your everyday life.

Using Vocabulary

For each sentence, fill in the blank with the proper word from the word bank provided below.

hygiene	heredity
environment	refusal skills
preventive healthcare	health
lifestyle	attitude
wellness	life skills
health assessment	

- All the people and things around you make up your ____.
- ____ is having your physical, emotional, mental, and social health in balance.
- ____ is the passing down of traits from parents to offspring.
- The set of behaviors that guide the way you live your life is your ____.
- Taking steps to prevent illness from happening is ____.
- A quiz that allows you to rate your wellness is a(n) ____.
- Your state of mind that guides your choices is your ____.

- Brushing your teeth and bathing regularly is part of good ____.

Understanding Concepts

- What are five things you can do to stay physically healthy?
- Identify three things that you can do to improve your emotional health.
- What are three signs of good mental health?
- Give an example of an inherited trait that can be passed from parents to their offspring.
- Explain how the environment affects your health.
- Identify three health decisions you make every day.
- Explain what you can do to practice preventive healthcare.
- What are the nine life skills that can guide you to better health?
- List four examples of how life skills can help you.

Critical Thinking

Applying Concepts

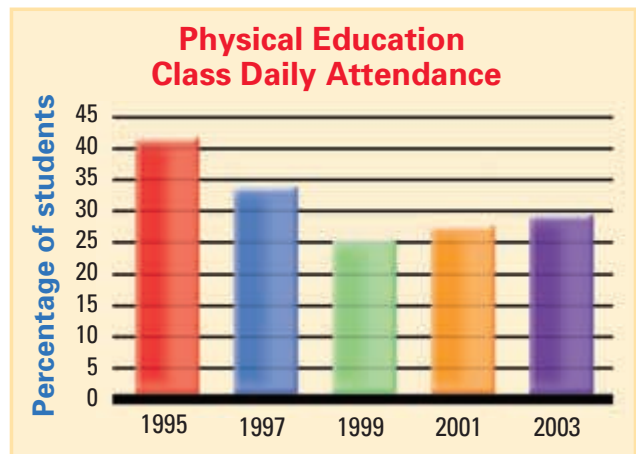
- 18 You are having trouble concentrating in school, and you are not learning new concepts and solving problems as well as you used to do. What part of your health do you need to improve? How can you make this part of your health better?
- 19 How does preventive healthcare improve your physical health? Do you think there are any preventive healthcare measures that you can take to improve other parts of your health? Explain your answer.
- 20 A friend of yours is trying to decide which bike to buy. Which life skills would be helpful for your friend to use in making a choice?
- 21 School is out for the summer, and you have just moved into a new neighborhood. You are sad because you miss your friends. What part of your health do you need to improve? What can you do to improve this part of your health?

Making Good Decisions

- 22 You are getting ready to go somewhere in a car with your friends. You start putting your seat belt on, and one of your friends starts making fun of you for wearing your seat belt. How would you respond to your friend?
- 23 You see an advertisement for a new sports drink. The ad says that the drink will make you stronger and help you to run faster. How would you decide whether or not to buy the sports drink? What would you base your decision on?

- 24 Your best friend missed 2 days of school and has asked if she can copy your math homework for those days. You would like to help her, but you don't feel right about cheating. What should you do?

Interpreting Graphics



Use the figure above to answer questions 25–27.

- 25 What is the general trend in the number of students attending physical education classes daily between 1995 and 2003?
- 26 What is the percentage of students that attended physical education class in 1999?
- 27 What year had the highest number of students attending physical education class?

Reading Checkup

Take a minute to review your answers to the Health IQ questions at the beginning of this chapter. How has reading this chapter improved your Health IQ?

Assessing Your Health

Assessing your health means evaluating each of the four parts of your health and examining your behaviors. By assessing your health regularly, you will know what your strengths and weaknesses are and will be able to take steps to improve your health. Complete the following activity to improve your ability to assess your health.

Gavin's Game Playing

Setting the Scene

Gavin loves playing video games. He rushes home from school every day to play, and he plays for hours. A few of his friends used to come over to play with him, but they haven't been over for several weeks. One day, Gavin's mother comes home and mentions that she saw his friends playing ball in the park. She asks him why he isn't playing with them. Gavin tells her that they didn't ask him to play.



The 4 Steps of Assessing Your Health

1. Choose the part of your health you want to assess.
2. List your strengths and weaknesses.
3. Describe how your behaviors may contribute to your weaknesses.
4. Develop a plan to address your weaknesses.

Guided Practice

Practice with a Friend

Form a group of three. Have one person play the role of Gavin and another person play the role of Gavin's mother. Have the third person be an observer. Walking through each of the four steps of assessing your health, role-play a conversation between Gavin and his mother. In the conversation, Gavin should discuss how his game playing is affecting his social health. The observer will take notes, which will include observations about what the person playing Gavin did well and suggestions of ways to improve. Stop after each step to evaluate the process.

Independent Practice

Check Yourself

After you have completed the guided practice, go through Act 1 again without stopping at each step. Answer the questions below to review what you did.

1. How might Gavin's video game playing affect the four parts of his health?
2. What is one of Gavin's weaknesses in his social health?
3. Describe a plan that Gavin might use to address the weaknesses in his social health.
4. What is a weakness in your social health?



On Your Own

Several weeks later, Gavin is spending more time playing with his friends. He still likes to play his video games but always invites his friends to join him when he wants to play. One day, while Gavin is playing ball, he notices that he becomes tired and out of breath very easily. He starts to wonder if he is out of shape after spending so much time sitting in front of the TV. Make a poster showing how Gavin could use the four steps of assessing your health to develop a plan to improve his physical health.

