

## Lesson 1

# Your Total Health

### Guide to Reading

#### ● Building Vocabulary

As you read this lesson, write each highlighted term and its definition in your notebook.

- health (p. 4)
- wellness (p. 7)
- habit (p. 7)

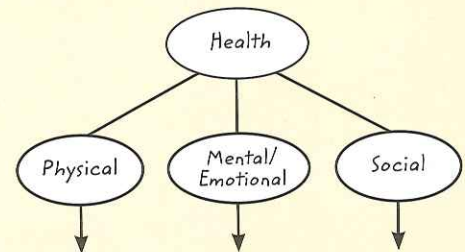
#### ● Focusing on the Main Ideas

In this lesson, you will learn to

- **identify** the three parts of the health triangle.
- **describe** the relationship between health and wellness.
- **explain** how to balance your physical, mental/emotional, and social health.

#### ● Reading Strategy

**Classifying** Using the diagram to the right as a guide, create a concept map that gives examples of each of the three types of health.



**FOLDABLES** Study Organizer Use the Foldable™ on p. 3 as you read this lesson.

### Quick Write

Write an explanation of what the word *health* means to you.

## What Is Health?

What sports and other activities do you participate in? What kinds of foods do you eat? What kind of people do you spend time with? Your answers to these and similar questions reflect your total health. **Health** is a combination of physical, mental/emotional, and social well-being. These parts of your health work together to build good overall health.

Often, good health is pictured as a triangle with equal sides. As shown in **Figure 1.1**, one side of the triangle is your physical health. Another side is your mental/emotional health, and the third side is your social health. Like the sides of a triangle, the three “sides” of health meet. They are connected. If you ignore any one side, your total health suffers. By the same token, if you make improvements to one side, the others benefit. For example, when you participate in physical activities, you improve your physical health. This helps you feel good about yourself, benefiting your mental health. Activities can also improve your social health when you share them with family and friends.



◀ **FIGURE 1.1**

## **THE HEALTH TRIANGLE**

Maintaining a balanced health triangle is the key to good total health.

**What are some ways you keep your health triangle in balance?**



### **Physical Health**

Do you stay active? Do you get plenty of rest each night? Do you eat healthy snacks? Your answers to these questions will tell you something about your physical health. Physical health is the condition of your body.

Physical health is measured by what you *do* as well as what you *don't* do. Teens who want to be healthy avoid harmful substances such as tobacco, alcohol, and other drugs. They balance the amount of time they spend watching TV or playing computer games with physical activity. Physical activity includes things such as playing sports, hiking, aerobics, swimming, dancing, and taking a walk. By avoiding harmful substances and being physically active, you can stay physically healthy. In other words, being physically healthy means taking care of your body.

### **Health Online**

#### **Topic: Creating Healthy Habits**

Visit [health.glencoe.com](http://health.glencoe.com) for Student Web Activities on creating healthy habits.

**Activity:** Using the information provided at the link above, make a checklist of five activities you can do every day to maintain your health.





- ▲ Physical activity is a good choice for improving your health. **What other parts of the health triangle are these teens working on?**

## Mental/Emotional Health

Do you feel good about who you are? Do you know how to handle stressful situations? Do you have a positive attitude about life? Your answers to these questions will tell you something about your mental/emotional health. Mental/emotional health is measured by the way you think and express your feelings.

You can develop good mental/emotional health by learning to think positively and to express your feelings in healthy ways. Positive thinking is a good strategy to use when you are feeling sad or down. Try focusing your attention on all of the good things in your life, such as your friends, family, and activities you enjoy. Then the cause of your sadness might not seem so bad. Likewise, recognizing and building your strengths will help you feel good about yourself. When negative thoughts and feelings come up, look to express them in ways that won't hurt you or others. If problems feel overwhelming, don't be afraid to talk to adults you trust. Knowing when to ask for help is a sign of good mental/emotional health.

## Social Health

How well do you get along with others? Can you work through problems with others peacefully? Are you a good listener? Your answers to these questions will help you measure your social health. Good social health means communicating well with and having respect for family, friends, and acquaintances. It also means building relationships with people you can trust and who can trust you in return. You might build a relationship with a counselor or coach, someone you trust and can go to when you have a problem. A close friend at school may need you to listen to them if they have a problem or need advice. Think about the people in your life. With whom do you feel the most comfortable and why? Can you imagine reaching out to them to offer or ask for support?

### Health Online

Visit [health.glencoe.com](http://health.glencoe.com) and complete the Interactive Study Guide for Lesson 1.

### Reading Check

**Identify** What are the three sides of total health? Name a trait or characteristic found on each of the three sides.



## Healthy Habits and Wellness

When you are taking care of your health triangle and all three sides are balanced, wellness is achieved. **Wellness** is a state of well-being, or total health. You can improve your wellness by developing good health habits. A **habit** is a pattern of behavior that you follow almost without thinking. Good health habits include:

- choosing healthy foods.
- participating in regular physical activity.
- learning how to handle stress.
- getting along with others.

By taking a look at all the parts of your health triangle, you can get a snapshot of how healthy you are right now. (See **Figure 1.2**.) This will let you know if any areas need work. The pages ahead will help you develop positive health behaviors that will aid in the prevention of injury, illness, disease, and other health problems.

**Reading Check** Define What is wellness?

## Lesson 1 Review

**After You Read**

Review this lesson for new terms, major headings, and Reading Checks.

### What I Learned

1. **Vocabulary** What is health?
2. **List** What are two measures of good social health?
3. **Recall** Identify three positive health habits.

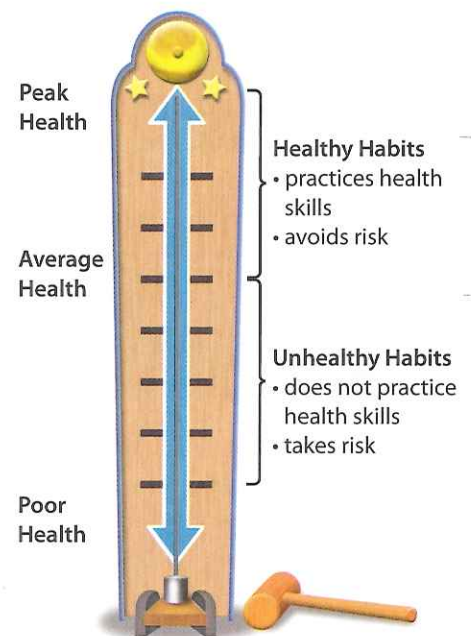
### Thinking Critically

4. **Hypothesize** Jordan spends most of his time getting together with friends. They play video games and skateboard. Jordan is not doing very well in school. What do you think his health triangle would look like?

5. **Evaluate** Alexandra is feeling upset because she didn't do well in her piano recital. Does this mean that she does not have good total health? What can she do to keep her mental/emotional health in balance?

### Applying Health Skills

6. **Analyzing Influences** Name a positive health habit that you recently started practicing. Who or what influenced you to begin this health habit?



**FIGURE 1.2**

## THE WELLNESS SCALE

Your health habits affect your wellness. **Where do you fit in on the wellness scale?**