

# Lifetime Health Chapter 1

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## **CHAPTER 1 PHYSICAL FITNESS AND WELLNESS OBJECTIVES**

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About This Chapter The Health & Your Wellness chapter of this Holt Lifetime Health Companion Course helps students learn the essential lessons associated with health and wellness. Each of these...

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- Wellness is a continuum ranging from death to optimal health. •

You can choose your behaviors to move closer to optimal health.

Wellness: Striving for Optimal Health 16.

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and Wellness 3 B. Exercise is a type of physical activity. 1.

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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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