

LESSON 1-DIMENSIONS OF HEALTH

Warm Up:

Describe what it means to be healthy. What are the characteristics of a healthy person? What do they do? How do they act?

Definition of Health:

Dimensions of Health

1. _____

2. _____

3. _____

4. _____

Vocabulary Terms:

dimension

emotional health

mental health

physical health

physiological

social health

spiritual health