

## Health and Wellness

1. Compare the terms *health*, *wellness*, *illness*, and *disease* by defining each one in its box.

<b>Health:</b>	
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<b>Wellness:</b>	
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<b>Illness:</b>	
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<b>Disease:</b>	
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## Influences on Health and Wellness

2. Many things can influence your health. Identify some of them by filling in the empty boxes.

Social Determinants	Environmental Determinants	Individual Determinants	Healthy Lifestyle Determinants
	Noise	Age	Physical activity
			Healthy diet
Social media			

## Understanding Behavior Change

3. Our health and wellness are directly related to our choices and behaviors. Complete the table below by naming the stage of health behavior change in the column on the left. Using the five stages of health behavior change, draw a line connecting the stage of health behavior on the left to the coordinating health behavior on the right or enter the letter from the right by the correct stage on the left.

### Health Behavior: *Smoking Cigarettes*

<b>Stage 1:</b>  	<b>a.</b> A person has thought about quitting smoking and is taking steps toward making a change.
<b>Stage 2:</b>  	<b>b.</b> A person says "I have no intention to quit smoking."
<b>Stage 3:</b>  	<b>c.</b> A person has made a definitive behavior change and is sticking with it.
<b>Stage 4:</b>  	<b>d.</b> A person says, "I'm thinking about quitting smoking."
<b>Stage 5:</b>  	<b>e.</b> A person has made some changes but still needs to make more to change their behavior.