

### 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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### Disability

2. Disabilities occur when someone loses function somewhere in their body. The loss of function is called an *impairment*. What things might be affected by an impairment? Fill in the empty boxes.

Social relationships	Vision		
	Hearing	Learning	Mental health

## Influences on Health and Wellness

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

Social Factors	Environmental Factors	Personal Factors	Healthy Lifestyle Factors
	Noise	Age	Physical activity
			Healthy diet
Social media			

## Healthy Lifestyle Choices

4. What are the benefits to practicing healthy lifestyle choices?

- 1 Having more \_\_\_\_\_
- 2 Being more \_\_\_\_\_ stable
- 3 Learning \_\_\_\_\_
- 4 \_\_\_\_\_ better
- 5 Staying safe and managing \_\_\_\_\_ or challenges