

## Health Unit #1 Review

1. List five lifestyle factors that promote good health?
  - a. Sleep, Physical Activity, Avoid Drugs and Alcohol, Healthy Breakfast, Manage Stress
2. What aspect of health reflects your ability to enjoy challenges and handle frustrations?
  - a. Mental/Emotional Health
3. Over which influences on health do you have the most control?
  - a. Your Behavior & Attitude
4. Describe the two ways that cumulative risks occur?
  - a. Repeated over time or several risk behaviors taking place at the same time
5. List two reasons why it is important to abstain from all sexual activity for unmarried persons of school age?
  - a. Not have to worry about risk of STDs, Free from mental/emotional problems that accompany sexual activity
6. List the four strategies for effective communication.
  - a. Clearly say what you mean, pay attention to how you say something, be a good listener, be aware of your body language
7. What are two steps you should use to resolve a conflict?
  - a. Take time to calm down, try & brainstorm solutions in which no one loses respect
8. Define the term value.
  - a. Ideas, beliefs & attitudes about what is important that help guide the way you live
9. What are three ways that character impacts your health?
  - a. Enhances each side of the health triangle, if view yourself w/respect you are more likely to take care of yourself, when you act w/responsibility and fairness both mental/emotional & social health improve
10. How can you take an active role in your character?
  - a. Be aware of your thoughts words and actions, forming friendships with people with good values
11. List two internal factors that can influence your buying decisions?
  - a. Habit & Taste
12. List three techniques advertisers use to persuade consumers to buy their products.
  - a. Bandwagon, Rich & Famous, Testimonial
13. Why do health care professionals have new patients fill out a medical history?
  - a. To help assess you the patients past and current level of wellness
14. Describe the health care that is provided by emergency rooms and urgent care centers?
  - a. Life threatening illnesses and injuries (ER), Non-life threatening patients/injuries (UC)
15. List three ways you can advocate for public health?
  - a. Set an example for others, get involved in events that promote a healthy lifestyle, follow health & safety laws

Name: \_\_\_\_\_

16. Vocabulary Definitions to Know (Look in Glossary)

1. Wellness	5. Cumulative Risks	9. Risk Behaviors
2. Health Consumer	6. Advocacy	10. Health Fraud
3. Health	7. Abstinence	11. Culture
4. Conflict Resolution	8. Malpractice	12. Health Skills