Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_Mr. Dahl\_\_\_\_\_\_\_\_\_\_\_\_\_

**Notes: Health and Wellness (pg 4-11)**

Vocab:

* Health-a combination of physical, mental/emotional, and social well-being
* Environment
* Self-assessment
* Culture
* Wellness
* Media
* Heredity
* Evaluate

Physical Health is…. Your physical environment includes:

Ex .

Ex .

Ex.

Mental/emotional Health is…

**READ pgs 18-19.**

Ex.

Ex.

Ex.

Social Health is…..

Ex.

Ex.

Ex.

Inherited traits include:

1.

2

3.

4.