

Holt Lifetime Health Chapter 1

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ResourcesChapter menu Section 2 Health and Wellness Chapter 1 • Wellness is a continuum ranging from death to optimal health. • You can choose your behaviors to move closer to optimal health. Wellness: Striving for Optimal Health 16.

~~Ch_01_LeadingAHealthyLife—Lifetime Health~~

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•Health in the Past Infectious diseases were the most significant health problems in the past. •Health Today Many health problems today are caused in part by unhealthy lifestyles. Diabetes, heart disease, and cancer are examples of lifestyle diseases. Chapter1

~~Chapter 1 Leading a Healthy Life~~

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