Chapter 26

Section 26.1
Wellness for Life

Section 26.2
Taking Care of Yourself
You are responsible for your health and well-being. Being informed and making smart decisions about your health and safety can improve the quality of your life now and in the future.
## Vocabulary

### Content Vocabulary
- wellness
- fitness
- endurance
- aerobic activities
- flexibility
- body image
- Body Mass Index (BMI)
- anorexia nervosa
- bulimia
- binge eating
- substance abuse

### Academic Vocabulary
- credit
- composition
Your Well-Being

- Two primary goals of wellness are to promote health and prevent disease.
- Wellness is physical, mental, emotional, and social health.
- **Fitness** is when your body works at its peak.

**Vocabulary**

**wellness**
An approach to life that emphasizes taking positive steps toward overall good health and well-being.

**fitness**
When your body works at its peak, you look your best, and you are healthy, strong, and well.
Your Well-Being

• Leading an active life strengthens heart and lungs, improves muscle tone, and helps maintain a healthy weight.
• The three elements of fitness are strength, **endurance**, and **flexibility**.

**Vocabulary**

- **endurance**
  The ability to use energy over a period of time without getting tired.

- **flexibility**
  The ability of your joints to make the full range of movements available to them.
Your Well-Being

- **Aerobic activity** is a continuous rhythmic activity that helps heart, lung, and muscles.

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**Vocabulary**

**aerobic activity**
Continuous, rhythmic activities that help improve heart, lung, and muscle function.
A Healthy Weight

• Focus on maintaining a weight that is healthy for your body.
• Weight is based on height, age, gender, bone structure, body build, and growth pattern.
A Healthy Weight

- **Body Mass Index (BMI)** uses weight, height, and age to help determine an appropriate weight range.
- Weight management is a matter of balancing the energy you take in with the energy you use.

**Vocabulary**

**Body Mass Index (BMI)**

A person’s appropriate weight range determined by weight, height, and age.
Health Risks

• Eating disorders are dangerous and can be life threatening.

• **Anorexia nervosa** is an example of one type of eating disorder.

**Vocabulary**

**anorexia nervosa**

An extreme urge to lose weight by starving oneself.
Health Risks

- A **bulimic** person secretly overeats and then vomits or uses laxatives.
- **Binge eating** is compulsive overeating.

**Vocabulary**

- **bulimia**
  Bouts of extreme, often secret overeating followed by attempts to get rid of the food eaten by using laxatives or vomiting.

- **binge eating**
  Compulsive overeating, often without being hungry.
Section 26.2 Taking Care of Yourself

Main Idea

• Your overall health is determined by your physical, emotional and mental, and social wellness.
• You can improve your health by learning to cope with stress.
• Work with your doctor to manage your health care.
### Content Vocabulary
- stress
- adrenaline
- primary care physician
- specialist

### Academic Vocabulary
- adequate
- assume
Take Charge of Your Health

• Your good health includes physical, mental, emotional, social health and safety.
• Physical health is based on the choices you make as to what to eat and when to work and relax and to sleep.
• Good hygiene, or cleanliness, is basic to overall wellness.
Take Charge of Your Health

- Maximize your mental and emotional health by challenging yourself, focusing on your strengths, taking responsibility, and having a positive attitude.
- Social health is about the relationships with people around you.
- Follow safety guidelines in order to be responsible for your health.
- Avoid high-risk behaviors.
Stress

- When the body reacts to stress, it releases a hormone called adrenaline, where it increases the heartbeat and breathing rate.

**Vocabulary**

**stress**
A body’s response when one feels overwhelmed.

**adrenaline**
A stress hormone that increases the heartbeat and breathing rate.
Health Care

• Regular checkups help keep minor problems from turning into serious ones.
• The United States health care system is one of the most advanced in the world; however, it is also the most expensive.
Health Care

• For routine examinations, a primary care physician provides general care.
• A specialist is needed for a specific condition or disease.

**Vocabulary**

**primary care physician**
A doctor who provides general care and performs checkups.

**specialist**
A doctor trained to treat specific diseases or medical conditions.
Health Care

• Each one of us is responsible for our health by scheduling checkups, asking questions, and following health care professionals’ advice.

• Use trusted resources to acquire information on your health.
Chapter Summary

Section 26.1

Wellness for Life

- Wellness involves taking positive steps toward overall health.
- Regular physical activity improves physical, mental and emotional, and social health.
- Aim for an active lifestyle that promotes strength, endurance, and flexibility.
- Maintain a weight that is healthy for you.
- Eating disorders are serious mental health conditions that require professional help.
- Teens who avoid high-risk behaviors show that they care about their health.
Chapter Summary
Section 26.2
Taking Care of Yourself

- You are responsible for your own health and safety.
- You make decisions every day that affect your physical health, mental and emotional health, social health, and your safety.
- Stress is part of everyone’s life and can be negative or positive.
- You need to learn to manage your stress.
- Regular doctor and dental visits are important, and it is up to you to participate in your own health care management with your care providers.