**PE Concepts: Ch 1 Leading a Healthy Life**

**Infectious vs Lifestyle Diseases**

**Risk Factors**

1.
2.

a)

b)

c)

d)

**Four(4) leading causes of death in 13-18 yr olds**

1.
2.
3.
4.

Leading cause of death for 19-65 yr old?

Leading cause of death for 65+?

**6 Types of Health Risk Behaviors**

1.
2.
3.
4.
5.
6.

**6 Components of Health & Wellness ☺**

1.
2.
3.

 Phobia –

 High self-esteem -

**What influences your Wellness?**

1.
2.
3.

1.

**Take charge of your Wellness by….**

1.
2.
3.

**Four ways society addresses health problems**

1.
2.
3.

4.