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

**Infectious vs Lifestyle Diseases**

**Risk Factors**



a)

b)

c)

d)

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



Leading cause of death for 19-65 yr old?

Leading cause of death for 65+?

**6 Types of Health Risk Behaviors**



**6 Components of Health & Wellness ☺**



Phobia –

High self-esteem -

**What influences your Wellness?**







**Take charge of your Wellness by….**



**Four ways society addresses health problems**



4.