Name	Class	Date
ranic	Class	Date

# Note Taking Guide

# What Is Health? (pp. 2-5)

### **Health Today**

1. List four reasons for increased life expectancy in the United States.

d. \_\_\_\_\_

2. Twin sisters are born in the United States. Which of these statements can you be certain is true?

**\_\_\_\_\_ a.** They will live for the same number of years.

**\_\_\_\_\_ b.** They will have the same life expectancy.

#### **Aspects of Health**

3. Complete the concept map with details about the aspects of health.

**Physical Health** 

**Mental Health** 

#### Aspects of Health

**Emotional Health** 

**Social Health** 

Name	Class	Date	

# Section 1-1: Note Taking Guide (continued)

#### **A Continuum of Health**

**4.** Complete the table with details about the ends of the health continuum.

The Health Continuum		
Illness	Wellness	
a	f	
b	g	
c	h	
d	i	
e	j	