

Section 1-1

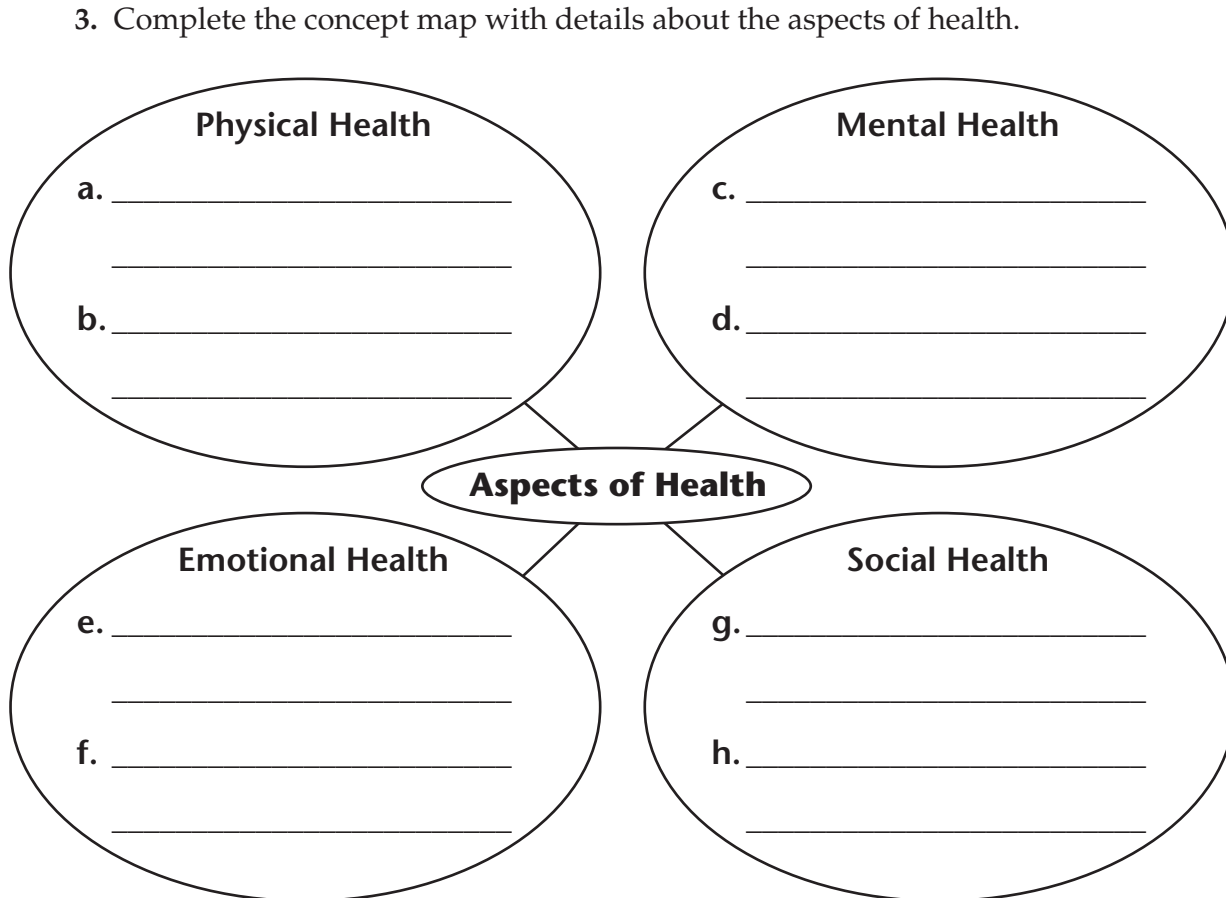
Note Taking Guide

What Is Health? (pp. 2–5)

Health Today

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



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. _____