

## Holt Lifetime Health Chapter 1

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ResourcesChapter menu Section 2 Health and Wellness Chapter 1

- Wellness is a continuum ranging from death to optimal health.
- You can choose your behaviors to move closer to optimal health.

Wellness: Striving for Optimal Health 16.

~~Ch\_01\_LeadingAHealthyLife - Lifetime Health~~

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- Health in the Past Infectious diseases were the most significant health problems in the past.
- Health Today Many health problems today are caused in part by unhealthy lifestyles. Diabetes, heart disease, and cancer are examples of lifestyle diseases.

Chapter1

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## ~~Chapter 1 Leading a Healthy Life~~

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