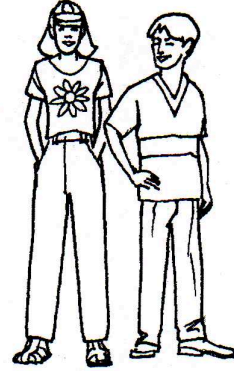


What Is Health?

Some people think that being healthy means not being sick; however, there's more to good health than not having an illness. Health is a state of physical and mental well-being. A healthy person not only has a healthy body, but he or she is also able to function effectively in the world and live a happy, satisfying life.

Most people think of physical health when they think about "being healthy." Physical health consists of grooming oneself and getting proper nutrition, exercise, rest, and medical care. Mental wellness is also very important. People who have good mental health accept themselves as they are. They feel confident, recognize their weaknesses and strengths, and are capable of handling life's challenges. Mental wellness means being in contact with reality, seeing the world as it really is. Mentally well people are aware of their feelings, can express them without anxiety, and are able to show concern for others. People who are mentally healthy have good social relationships, including friendships and loving relationships.



1. What does it mean to have good health?

Explain why each of the following people can or cannot be considered healthy.

2. Robert is not overweight or underweight. He eats nutritious food and exercises once a week. He grooms himself and receives regular medical and dental care. He gets along well with his family but has few friends.

3. Marilyn is slightly overweight and eats a lot of fast food. She exercises each day by taking a five-minute walk. She grooms herself but rarely receives medical or dental care. She is confident, has high self-esteem, and many friends. She has a close relationship with her family.

4. Todd has not missed a day of school for two years because he has not had an illness.
