

# Chapter 7

## Wellness

### SECTION 7.1

### Holistic Health

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- **OBJECTIVES**

When you have completed this section, you will be able to do the following:

- Match key terms with their correct meaning.
- List three parts of holistic health.
- Explain wellness and preventive care.
- Compare holistic health to disease-oriented care.

- **ACTIVITY 1**

Define the following vocabulary words.

1. Holistic \_\_\_\_\_
2. Infirmary \_\_\_\_\_
3. Elimination \_\_\_\_\_
4. Aerobic \_\_\_\_\_
5. Self-esteem \_\_\_\_\_

- **ACTIVITY 2**

1. List five ways to achieve physical fitness.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. Mental fitness allows us to \_\_\_\_\_ effectively and feel balanced.

3. Spiritual fitness allows us to experience (a) \_\_\_\_\_ and (b) \_\_\_\_\_ in life.

4. Explain wellness and preventive care.

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5. List three parts of holistic health.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### • ACTIVITY 3

1. Choose one thing about yourself that you want to improve—for example, physical fitness, social skills, or self-esteem.
2. Begin a journal, and write in it every day. For example, if you decide to exercise more, include the following:
  - How you feel about exercising
  - If you skip a day, why
  - Whether you feel good about yourself when you exercise
  - Any observations that you feel are important
3. Set a goal—for example, to do 20 abdominal crunches.
4. Develop a plan to reach your goal. For example, “During the next month, I will do abdominal crunches every day, starting with one the first day and adding one more each day until I can do 20.”
5. Reward yourself when you reach the halfway mark and when you reach your goal. For example, buy a new pair of workout shorts when you can do 10 crunches.
6. When you have reached your goal, write a one-page paper describing how the experience has affected you. Answer the following in your paper:
  - Does keeping a journal help you follow the necessary steps to reach your goal?
  - Is it easier to work toward a goal when you have a plan?
  - If you did not reach your goal, what happened?

Include any additional observations you have about this exercise.