**Health Chapter 1 Study Guide**

1. The combination of physical, mental/emotional, and social well-being is health.
2. Eating nutritious foods is an example of good physical health.
3. Mental health relates to the way you feel about yourself.
4. A habit is a pattern of behavior that you follow almost without thinking.
5. The achievement of a high level of overall health is wellness.
6. Prevention means keeping something from happening.
7. Internal influences are factors that affect your actions and decisions that come from within you.
8. The clear exchange of ideas and information is called communication.
9. Refusal skills help you say no in an effective way, without feeling uncomfortable.
10. You can encourage other people to live healthy lives by practicing advocacy.
11. The chance of harm or loss is risk.
12. Decisions are choices you make.
13. Values are beliefs you feel strongly about that help guide the way you live.
14. The way a person thinks, feels, and acts is called character.
15. The addition of one-risk factor to another, increasing the chance of harm or loss, is cumulative risk.
16. A goal is something you hope to accomplish.
17. Graduating from high school and going on to college is an example of a long-term goal.
18. When choosing your goals, you should consider your needs, values, and abilities.
19. Making your goals specific will help you achieve them.
20. Your goals are likely to change during your teen years.