

LESSON 1

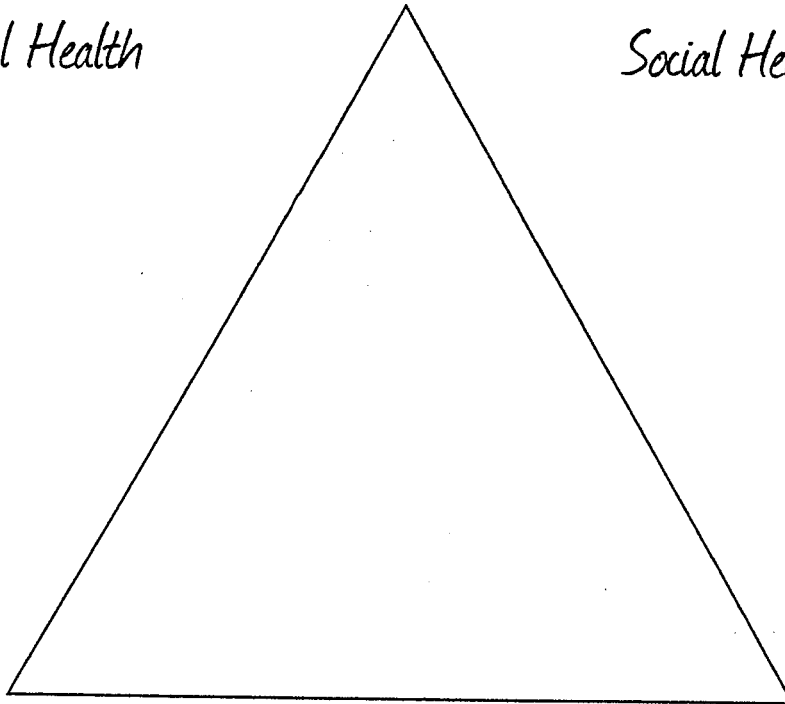
Introduction to Health

Activity 1.4. Health Triangle

What is important to you? To help you better understand the components of the health triangle and relate it to the information you have read, create your own health triangle. On each portion of the triangle, write what is important to you to achieve or maintain as you get older.

Physical Health

Social Health



Mental/Emotional Health

After you have written these goals, think about the obstacles that you might encounter and brainstorm about how you might overcome them.

Potential obstacles to achieving physical health goals:

Solutions:

Potential obstacles to achieving mental/emotional health goals:

Solutions:

Potential obstacles to achieving social health goals:

Solutions: