The Health Triangle and Preventive Health Habits

Health II – Mr. Greene
The Health Triangle

- Physical
- Mental
- Social
1. Physical Health

Health that is associated with your body.

Examples:

- hygiene
- exercise
- nutrition
- sleep/rest
1. Mental Health

- How you feel about yourself.

Examples:
- feelings
- Positive attitude
- High self esteem
1. Social Health

Belonging to a group and interacting positively with others.

Examples:
- family
- clubs
- teams
- friends
All three sides of your Health Triangle - Physical, Mental and Social Health, should be in equal balance.
What do you do that involves your:

- Physical health?
- Mental health?
- Social health?
On the back of your paper – List three examples of good Physical health:

Health that is associated with your body.

1. 

2. 

3. 
On the back of your paper –
List three examples of good Mental health:

How you feel about yourself.

1.

2.

3.
On the back of your paper –
List three examples of good Social health:

Belonging to a group and interacting positively with others.

1.

2.

3.
2. List one healthy habit that would involve all three aspects of the Health Triangle.

• Explain how all three sides are involved.
3. Preventive Health Habits
3. Preventive Health Habits

Preventive health habits are - habits that generally improve and/or maintain your level of health.
4. Preventive Health Habits prevent:

- **Sickness**
- **Illness**
- **Disease**
- **Injury**
5. Brushing and flossing your teeth is one example of a preventive health habit.

Brushing and flossing your teeth regularly, can prevent:

• disease (gum disease)
• injury (dental carries - cavities)
5. Exercise is another example of a preventive health habit.

Exercise can prevent:

- sickness
- illness
- disease
- injury
5. Not smoking is also a preventive health habit.

By not smoking you prevent:
• sickness
• illness
• disease
• injury
On the back of your paper –
Develop three examples of preventive health habits.

1
2
3
Total Health incorporates the Health Triangle and Preventive Health Habits into a health habit.

EXAMPLE:

Brushing my teeth

- Physical
- Mental
- Social
- Sickness
- Illness
- Disease
- Injury