



What Good is Good Health?

1. What are some different aspects of health?
2. What is *prevention*, and how does it relate to our actions, thoughts, and feelings?
3. List some benefits to taking care of your health.
4. What are some short-term consequences of not paying attention to or taking risks with your health?
5. What are some long-term consequences of not paying attention to or taking risks with your health?

What adult do I know who takes care of his/her health?

- How does this person protect his/her health?
- What could this person do to be healthier?
- How do this person's beliefs influence me?

What adult do I know who does not take care of his/her health?

- How does this person jeopardize his/her health?
- What could this person do to be healthier?
- How do this person's beliefs influence me?