

Lesson 1

**Personal Health : Choosing to be Healthy For Active Living**

Choose the letter of the best answer.

\_\_\_\_\_ 1. Personal health is your \_\_\_\_\_ which comprises the wellness of your body, emotional and mental care, meaningful social interactions, and having a healthy disposition in your life.

- a. total physical well-being
- b. total physiological well-being
- c. total mental health
- d. total mindful choices

\_\_\_\_\_ 2. Intellectual health is having an \_\_\_\_\_ and desire to learn and use resources available to expand one's knowledge.

- a. active mind
- b. active soul
- c. active body
- d. active spirit

\_\_\_\_\_ 3. Your ability to manage and handle your \_\_\_\_\_ allows you to think right and make good decisions.

- a. career
- b. lunch
- c. emotions
- d. Friends

\_\_\_\_\_ 4. Close and \_\_\_\_\_ relationships reside stress and increase your ability to cope and overcome challenges.

- a. bad
- b. meaningful
- c. easy
- d. fake

\_\_\_\_\_ 5. Engaging in \_\_\_\_\_ can boost self-esteem, mood, sleep quality, and energy levels.

- a. physical activities
- b. animals
- c. plants
- d. things

## True or False

- \_\_\_\_\_ 1. Drinking water plays a key role in many of our body's function to be strong and healthy.
- \_\_\_\_\_ 2. One of the common habits of the most successful people in the world is reading a lot.
- \_\_\_\_\_ 3. Exercicising daily helps you feel more negative about yourself.
- \_\_\_\_\_ 4. Being open to new ideas and seeking out learning opportunities and challenges are part of your Intellectual Wellness.
- \_\_\_\_\_ 5. Spending time outdoors helps you stay away from potential sources of stress.