

THE HEALTH TRIANGLE

- Health is the measure of our body's efficiency and over-all well-being.
- The health triangle is a measure of the different aspects of health.
- The health triangle consists of: Physical, Social, and Mental Health.



PHYSICAL HEALTH

- Physical health deals with the body's ability to function.
- Physical health has many components including: exercise, nutrition, sleep, alcohol & drugs, and weight management.



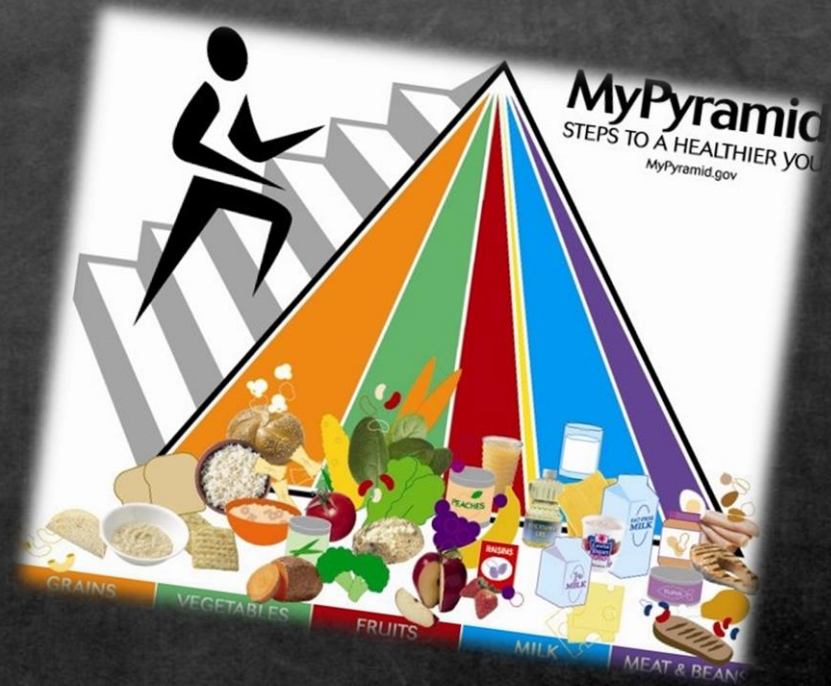
PHYSICAL HEALTH EXERCISE

- Exercise is the act of using your muscles to stay physically fit.
- Exercise helps to give you more energy, maintain weight, increase confidence & self esteem, and helps to battle chronic diseases.



PHYSICAL HEALTH NUTRITION

- Proper balanced meals are essential in leading a healthy life.
- Nutritious meals create a balance between what we eat and the way our body uses the food for energy and growth.



PHYSICAL HEALTH SLEEP

- It is recommended that the average person get at least 8 hours of sleep.
- The human body likes regularity, so try to go to bed and wake up at the same time daily.



PHYSICAL HEALTH ALCOHOL & DRUGS

- Alcohol and other drugs interfere with messages to the brain and alters perception.
- Use of such substances puts you at risk for accidental injuries, car crashes, trouble with the law, unwanted pregnancies, and fights.



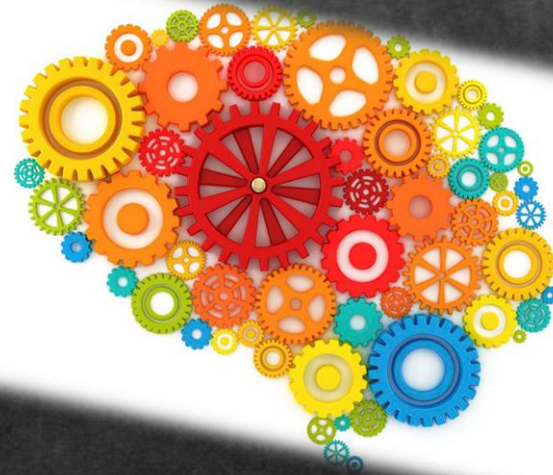
PHYSICAL HEALTH WEIGHT MANAGEMENT

- Maintaining a healthy weight decreases your risk of certain diseases such as heart disease and diabetes.
- Exercise and proper nutrition helps to maintain healthy weight levels.



MENTAL HEALTH

- Mental health deals with how we think, feel and cope with daily life.
- Mental health encompasses learning, stress management, and mental illnesses or disorders.



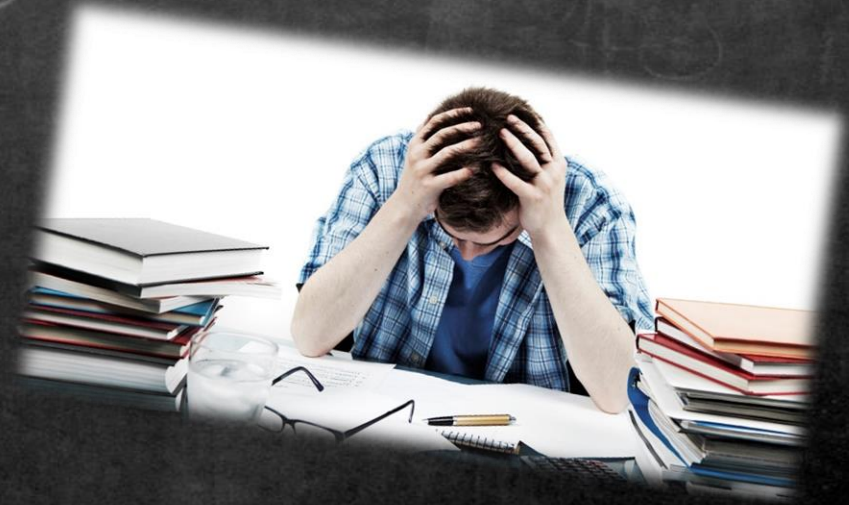
MENTAL HEALTH LEARNING

- Learning is the development of skills, behaviors, and knowledge.
- Learning increases self-confidence, awareness, and self perception. It also teaches one coping skills.



MENTAL HEALTH STRESS MANAGEMENT

- Stress deals with the way our bodies and minds deal with life changes.
- It is important to learn healthy ways to deal with stress or you could be at risk for anxiety or depression.



SOCIAL HEALTH

- Social Health deals with the way we react with people within our environment.
- This includes: public health, family relationships, and peer relationships.



SOCIAL HEALTH PUBLIC HEALTH

- Public health includes disease prevention and promoting health through good decision making.
- Keeping yourself safe and healthy benefits your community as a whole.



SOCIAL HEALTH FAMILY RELATIONSHIPS

- A healthy family relationship is one that is supportive, loving, responsible, and balanced.
- Families should work together to eliminate stress and negativity in the home. Promoting a safe and enjoyable environment.



SOCIAL HEALTH PEER RELATIONSHIPS

- Strong and supportive friendships increase happiness, self-esteem, and reduces stress.
- Friends are there to help celebrate your accomplishments and there to offer support in times of need.



THE HEALTH TRIANGLE REVIEW

- There are 3 major areas of the health triangle: physical, mental and social.
- Good decision making and healthy choices reduce the risk of disease and increase health overall.

