

# TEACHING BY EXAMPLE

To lead a happy and successful life, you must achieve and maintain good health. Your own degree of wellness is influenced by the food choices you make, whether or not you use harmful substances, and how well you deal with stress — all habits that also influence those around you.

**Directions:** Read the situations described below. On the lines provided, identify those elements that either encourage or discourage wellness, and explain how they do so. Then answer the questions that follow.

## Identifying Wellness Habits



**Situation #1:** *Veronica is a nineteen-year-old college freshman. She works summers at a large stock brokerage firm. Most of the employees there are usually very busy and under stress. They work long hours. Often they do not stop for lunch; they buy a snack from a vending machine instead. Veronica feels she must keep up with them. As a result, she has little time for friends, family, and outside interests.*

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**Situation #2:** *Byron is fifteen. He is an excellent athlete and practices healthful habits to maintain his physical ability. Byron's parents are divorced and have joint custody. Byron's father is overweight and smokes. His doctor has told him to quit smoking and lose weight, but he has done neither. When Byron lives with his father, he keeps up his regular exercise program. He often does the grocery shopping and cooking and prepares lean meats and grain products for their dinner.*

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**Situation #3:** *Levon is one of the most popular students in his senior class. His even temper and flexible attitude make him easy to get along with. His ability to laugh at himself and cope with difficulty inspires his friends to do the same. He is not easily angered or frustrated and always seems to see things in perspective.*

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**Situation #4:** *Seth and Della are fourteen-year-old twins. Their family lives on and operates a produce farm. The family members share the responsibilities of running the farm. Whenever possible, they do the work by hand instead of by machine. The family's diet is based on the crops they grow: corn and soybeans, plus fresh fruits and vegetables from their garden.*

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### Looking at Wellness Influences

1. How can being aware of your influence on others make you more conscious of your wellness habits?

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2. At what point do you think a person becomes responsible for his or her own wellness?

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3. Identify three factors besides family and friends that influence wellness habits. \_\_\_\_\_

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4. Name four resources available for improving wellness habits. \_\_\_\_\_

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5. List three things you can do to encourage wellness among your family members and friends.

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