

CHAPTER SUMMARY

Section 26.1

Wellness for Life

Wellness involves taking positive steps toward overall health. Regular physical activity improves physical, mental and emotional, and social health. Aim for an active lifestyle that promotes strength, endurance, and flexibility. Maintain a weight that is healthy for you. Eating disorders are serious mental health conditions that require professional help. Teens who avoid high-risk behaviors show that they care about their health.

Section 26.2

Taking Care of Yourself

You are responsible for your own health and safety. You make decisions every day that affect your physical health, mental and emotional health, social health, and your safety. Stress is part of everyone's life and can be negative or positive. You need to learn to manage your stress. Regular doctor and dental visits are important, and it is up to you to participate in your own health care management with your care providers.