

## Unit 1: Introduction to Health & Wellness

Chapter 1-Lesson 1
The Health Triangle Outline
Health 5-Mrs.Maus

	•	**Date Due:			<del> </del>	
			Name: . Hour: _			<del></del>
Define	the 3	parts of	the h	ealth	triangl	e.

1. Physical Health: (p.5)

2. Mental/Emotional Health: (p.5)

3. Social Health: (p.5)