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Lee, Ms. Nikki / Lifetime Health Textbook

Chapter menu Resources Section 2 Health and Wellness Six Components of Health 4. Mental Health is the ability to recognize reality and cope with the demands of daily life. 5. Spiritual Health involves having spiritual direction and purpose. This includes living according to one's ethics, morals, and values. 6.

Chapter 1 Leading a Healthy Life

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Chapter 8 Lifetime Health, Lifetime Health Chapter 3, Holt, Lifetime Health, Chapter 1, Lifetime Health Chapter 2, Lifetime Health Chapter 7, Lifetime Health Chapter 9. Hunger. Appetite. basal metabolic rate (BMR) Overweight. the body's physical response to the need for food.

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ResourcesChapter menu Section 2 Health and Wellness Six Components of Health • Health is the state of well being in which all the components of health are in balance. • Health may be categorized into six components: physical, emotional, social, mental, spiritual, and environmental.

Ch_01_LeadingAHealthyLife - Lifetime Health

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