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on food labels to help people see how foods fit in their diet. Dietary ...

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Lifetime Wellness Chapter 4. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. McKennaJS. Terms in this set (45) ability of musculoskeletal system to perform daily and recreational activities without undue fatigue and injury. muscular fitness. ability of muscle to contract with maximal force. muscular strength. ability of muscle to contract repeatedly over an ...

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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.
- To be truly healthy, you must take care of all six components.

Chapter 1

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Ch_01_LeadingAHealthyLife - Lifetime Health

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