

Chapter 1

1. Good health means more than not being ill. It means being in a state of (1)_____, mental and (2)_____ well-being.
2. These three aspects of well-being make up the health (3)_____.
3. To stay healthy, a person needs to adopt a healthy (4)_____.
4. A healthy lifestyle includes eating a good (5)_____ diet, exercising, enjoying pleasurable activities, (6)_____ and avoiding health (7)_____ such as taking (8)_____.
5. Physiological (9)_____ indicate the state of a person's health.
6. These measurements can be taken by using (10)_____ -tech instruments such as a digital sphygmomanometer or a (11)_____ or by using low-tech instruments such as a skinfold (12)_____ or a stopwatch.
7. High-tech instruments usually give results quickly but are (13)_____ to produce. (14)_____ -tech instruments are cheap to make but normally cannot be connected to a (15)_____.

caliper computer drugs expensive high lifestyle Low measurements
physical pulsometer relaxing risks social triangle varied

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Chapter 1 (Answers)

1. Good health means more than not being ill. It means being in a state of physical, mental and social well-being.
2. These three aspects of well-being make up the health triangle.
3. To stay healthy, a person needs to adopt a healthy lifestyle.
4. A healthy lifestyle includes eating a good varied diet, exercising, enjoying pleasurable activities, relaxing and avoiding health risks such as taking drugs.
5. Physiological measurements indicate the state of a person's health.
6. These measurements can be taken by using high-tech instruments such as a digital sphygmomanometer or a pulsometer or by using low-tech instruments such as a skinfold caliper or a stopwatch.
7. High-tech instruments usually give results quickly but are expensive to produce. Low-tech instruments are cheap to make but normally cannot be connected to a computer.