

Associate level material

Nutrition



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Associate Level Material Six Dimensions of Health Worksheet Part 1 For each of the following six dimensions of health, list at least one characteristic, activity, belief, or attitude that reflects that dimension in your life. Provide a brief explanation with each example. Refer to Ch. 1 in the text for explanations of these dimensions.

Physical health: My body type is petite, which means when I put on extra pounds it shows more than someone of an average body type. I can walk every day after my evening meals in order to burn off calories from the day. By doing this I will lose weight, and establish a physically active daily routine.

Social health: An activity that fosters social health is setting aside date night with my husband. Sometimes when you are a mother, employee, and a student it's important to remember that you are a person too. Since we have been doing this, I feel as if I'm still able to take part in the world socially and have a strong relationship.

Intellectual health: A characteristic of this dimension is the ability to think clearly, and take all accounts of a situation into consideration before reaching a decision. I do this by taking a deep breathe, and a step back from every situation having some time that I can sit down and think before making a rash decision.

Environmental health: I believe that everyone has a responsibility and an obligation to make sure we protect our environment not only for us, but for the generation to come. Going green is a great activity we can do to help promote environmental health, as well as recycling.

Emotional health: In order to promote emotional health I realize that I do have a problem, and have been diagnosed as being bipolar. In order to make sure that I take all steps necessary to overcome this I take my medication regularly. Realizing that I'm not the only one who experiences this is a great relief to me, and helps me stay positive about my emotional health.

Spiritual health: I have

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the belief in respecting people as an individual for the way they believe. I never condone anyone for their belief system. I go to church regularly as my way of recognizing God as my higher power. I believe that church is a place and time to worship God for all he has done in my life. Part 2 In approximately 125 to 200 words, describe health and wellness in your own words using the ideas and concepts for each of the six dimensions of health. After our readings this week, I now realize health and wellness is an ongoing process that we do not achieve overnight, or in a short amount of time. I also realize that this is not something that you can obtain without working and staying positive. Health and wellness means much more than many people perceive it to be. It's not simply made up of being slim, exercising and staying disease free. Health and wellness is working towards a healthy balance of six dimensions consisting of physical, emotional, intellectual, environmental, emotional, and spiritual health. The step's one must take to achieve this balance requires dedication, life style changes, awareness, and remaining positive by removing all negativity from your life. Setting small achievable goals for each dimension can help ensure your quality of life during your quantity of life. Working towards each dimension should be a top priority in everyone's life to make the world better for our generation, also for our future generations.