

# Good health and wellness questions essay example

[Experience](#), [Belief](#)



Knowledge of an acquired domain would help one to appreciate the advantages and disadvantages of technology. The school-age population had obtained enough information to know the differences between what was beneficial and what was detrimental in any digital environment. For example, the use of computers in the modern world has both benefits and consequences. The other domain that would guide this population was their attitude towards digital technology. Attitude matters most when it come technology. Attitude would determine their behavior with respect to their beliefs and feelings towards the digital environment. The last domain of learning that would help promote health was the skills that the school-age population had acquired over time. Their skills in handling digital equipment would determine whether they were a people who could take safety precautions or not in dealing with digital equipments. The three domains go hand in hand. It would be unavoidable for one to practice knowledge without the right attitude and skills necessary to perform a task. The knowledge acquired from these social processes would, therefore, be beneficial to the promotion of a healthy digital environment.

Erikson was likely to be in the late stages of teenage. Most probably, he was between the ages of 18-19. This was possible because, at 18 one was considered to be an adult. He had gone through all the developmental changes that occurred in the lives of teenagers and had accepted that he was no longer a child under his parents' care. At this stage, one begins to take control of his life. He would be most likely trying to establish himself away from his fathers. He could make personal decisions with his life (Edlin, & Golanty, 2014). At this stage, where one knows that he is already an adult,

reality would hit him the most. One would, therefore, be ready to accept life and its challenges. They would try to do what they can and leave to fate what is beyond their control. Erikson, for instance, would be ready to accept that he is a grown-up. He would also be willing to accept death as a stage in life when it comes. He would have seen people pass through it as a stage in life and would be, therefore mentally prepared.

Obesity shortens one's life expectancy period. That means that the obesity if it continues unchecked in a person's life, would lead to death. I would, therefore, advocate healthy eating habits, regular exercising and maintaining a real psychological strength. The subject of a healthy diet and regular exercise though, would top my priority list (Edlin, & Golanty, 2014). I would, therefore, make the people aware as to what would be the causes of obesity. I would also take the time to let them know the consequences of obesity as a health issue. This way, people could avoid obesity and ensure they lived healthier. They would also have known other health problems that were associated with obesity. They would have in turn minimized other risks associated with obesity such as diabetes and heart attacks. I would also like them to know that other than these risks, obesity was associated with gallbladder problems, arthritis, breathing difficulties and certain types of cancer (Edlin, & Golanty, 2014). Consequently, it would only be prudent if people tried all they could remain and stay healthy.

In conclusion, it is critical and significant in the life of an individual to stay and remain healthy. It would also be encouraging if people read more articles on health literacy issue rather than just visiting health institutions.

This way, the masses would stay on the side of knowledge, attitude, and skills.

## **Reference**

Edlin, G., & Golanty, E. (2014). Health and wellness