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| --- | --- | --- | --- |
| **Physical Health**  The results of a sedentary lifestyle. Explain each | | | |
| Injury | CHD | Blood pressure | Bone density |
| Obesity | Type 2 diabetes | Posture | Fitness |
| **Define Health:** | | | |

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| **Social Health**  The results of a sedentary lifestyle. Explain each | | |
| Friendship | Belonging | Loneliness |
| **Define Social Health:** | | |

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| **Emotional Health**  The results of a sedentary lifestyle. Explain each | | |
| Self esteem/ confidence | Stress management | Image |
| **Define Emotional Health:** | | |

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| **Diet and Nutrition** | | | |
| Key word | Definition | Example of food | Example of when it should be eaten |
| Balanced diet |  |  |  |
| P |  |  |  |
| C |  |  |  |
| F |  |  |  |
| V |  |  |  |
| M |  |  |  |
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| W |  |  |  |