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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 |  |  |  |
| F |  |  |  |
| W |  |  |  |