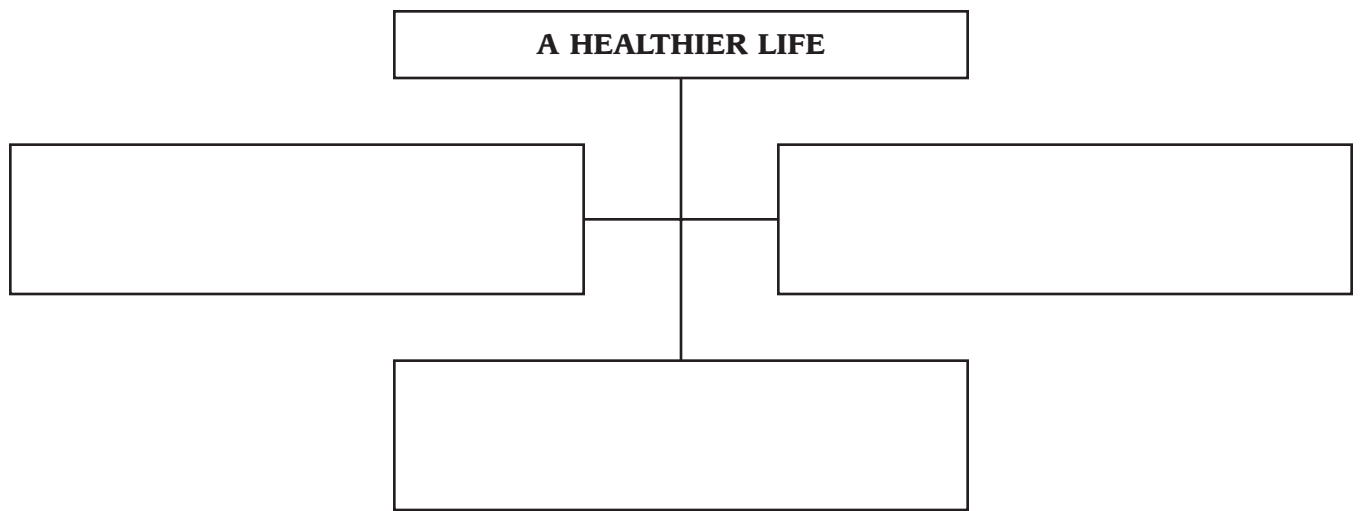


◇ Chapter 22: Section 1  
Learn About Wellness

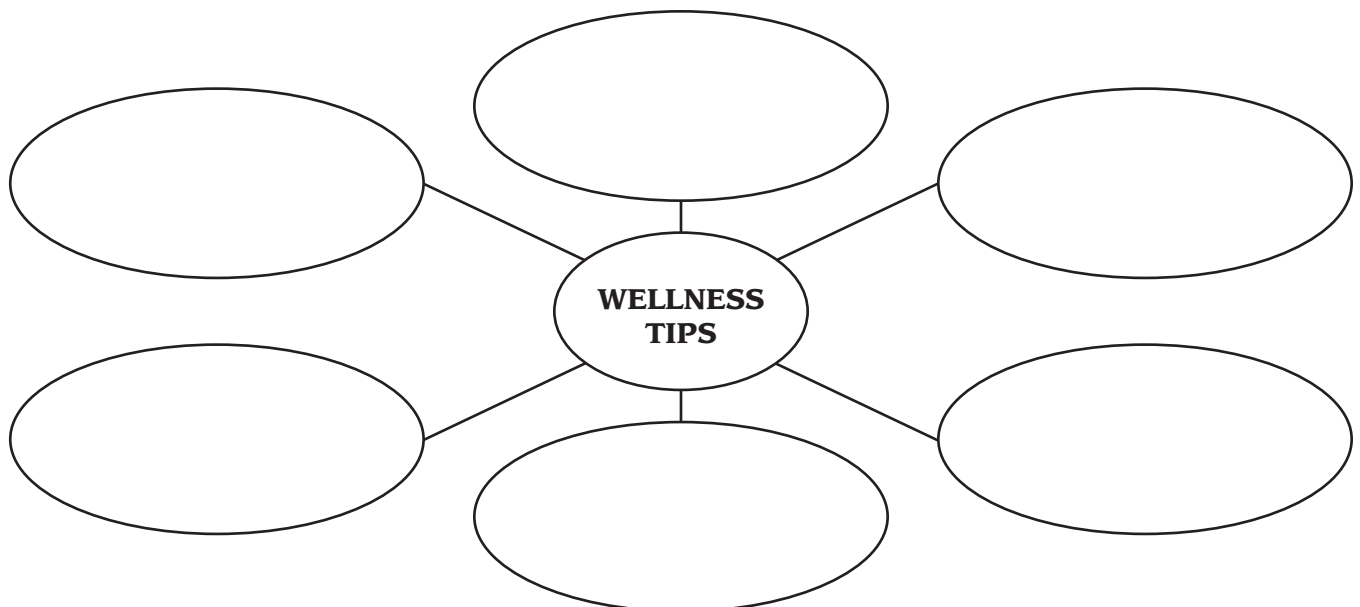
**Reteaching Activities**

# THE PATH TO WELLNESS

**Part I Directions:** In the chart below, list three reasons why people today are healthier than they were fifty years ago.



**Part II Directions:** Complete the web below with six tips for achieving wellness.



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# PRESCRIPTION FOR GOOD HEALTH

**Directions:** Complete the chart below by answering the questions about health habits.

