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Write the letter of the correct answer on the line. \_\_\_\_ 8. The life skill that helps you to deal with troubles or problems is ... Lifetime Health 21 Skills for a Healthy Life Name Class Date Chapter Test continued \_\_\_\_ 11. Which situation does not illustrate collaboration? a. working on a team participating in a debate competition

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a. environmental health. b. average health. c. public health. d. optimal health. a. aspects of health related to the body b. involves interacting well with people and having satisfying relationships c. feeling good about oneself d. age, race, gender, and heredity e. knowledge of health information needed to make good health decisions

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Alcoholism Affects the Family. Enabling means helping an addict avoid the negative consequences of his or her behavior. Codependency is the condition in which a family member or friend sacrifices his or her own needs to meet the needs of an addict.

### **Lifetime Health - Hazleton Area High School**

High School Health Course Requirements The following assignments are in the text, Holt Lifetime Health, on the internet and on worksheets. Read the assigned text. Audio CDs of each chapter are available so that you can read along. Xerox copies of the chapters and copies of the CDs are available for home study. ... Review 1, 3 - 16, 21 - 23 ...

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