CAREER AND FINANCIAL EXPLORATION

CHAPTER 11

HEALTH AND SAFETY

**What is stress?** Stress is emotional or physical tension.

**Name three ways you can prevent or reduce stress:**

1. Exercise

2. Talking to friends and family

3. Reading a book

**List at least five ways that you can “Relax.”**

1. Lay down on a couch

2. Talk to friends and family

3. Watch television

4. Listen to music

5. Taking a walk

**What is physical fitness?** – Your body working together to maintain a healthy state and do everyday things.

**Why is daily physical fitness important for your overall health?** – Daily physical fitness is important for your overall health because it helps you to be stronger and make you feel good about yourself.

Name five harmful health habits that all Americans deal with daily:

1. Bad diet

2. Poor sleep schedule

3. Bad hygiene

4. Smoking

5. Abusing drugs