

Name: _____ Date: _____

6 DIMENSIONS OF HEALTH

For each of the following six dimensions of health, list at least one characteristic, activity, belief, or attitude that reflects that dimension in your life. Provide a brief explanation with each example.

Physical health:

Emotional health:

Spiritual health:

Environmental health

Intellectual health:

Social health:

In approximately 125 to 200 words, describe health and wellness in your own words using the ideas and concepts for each of the six dimensions of health.