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• Defined by the absence of illness signs and symptoms of disease. • May not seek preventative care or services. • People who use this model may not seek preventive health services or they may wait until they are very ill to seek care. • You go to the hospital if you need immediate help ...

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NR222 Unit 1 health and wellness study guide - Chamberlain college of nursing A Grade / School graded Edelman Ch 1 1. • Margaret Newman: define of health in 2 paradigms: a. • Wellness-illness continuum i. • Dichotomized portrayal of health and illness ranging from high- level wellness to depletion of health 1. • High-level wellness is a sense of well-being life satisfaction and quality of life a. • Involves progression toward higher level of functioning an open-ended and ever ...

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Health is the condition of physical, emotional, mental, and social well-being. physical health. Physical health is the part of health that deals with the body. 7 healthy habits. 1. Eat a balanced diet. 2. Participate in plenty of physical activities. 3.

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Heredity, environment, culture, peers, media, technology, behavior, attitude. What are the 6-steps of goal setting? 1. State the question 2. List the options 3. Weigh the possible outcomes 4. consider the values 5. Make a decision and act on it 6. Evaluate the decision. YOU MIGHT ALSO LIKE...

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Physical. -Consume a healthy diet and align the correct nutrition. -Lean protein. -Fruits and vegetables. -Whole grains. -Healthy fats. -Be physically active. -Play sports. -Weight training.

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