

# Unit 1

## Maintaining a Healthy Life

Dear Student,

This is a very important time in your life. You now are getting ready to take the next step in your life, the step from school to your career and adult life. This unit will help you prepare for this step.

In this unit, you will learn what it takes to be a healthy and happy person. You will learn how to have good mental health, then you will learn why and how to have good physical health. You also will learn how to start and maintain healthy habits.

As you complete the lessons in this unit, keep an open mind and try some of the ideas you will learn about being healthy. The earlier you start your healthy habits, the easier it will be to maintain a long, healthy life.

Good luck. This is the start to your healthy life!



# Healthy Habits

Finish each list of healthy habits

## Mental Health

handle stress

time management

counseling



## Physical Health

eat a balanced diet

exercise

drink water