

USING KEY TERMS

1. **Identify** the term for a "disease caused partly by unhealthy behaviors and partly by other factors."

Answer: Lifestyle diseases (page 6)

2. **Identify** the term for "not taking part in physical activity on a regular basis."

Answer: Sedentary (page 6)

UNDERSTANDING KEY IDEAS

3. **State** the type of disease that causes most deaths in the United States today.

Answer: Lifestyle diseases (page 6)

4. **List** three examples of uncontrollable risk factors.

Answer: The four listed on page 7 are: age, race, gender, and heredity.

5. **Identify** which of the following is **not** a controllable risk factor. (Answer on page 7)

a. exercise

d. age

b. diet

e. weight

6. **Compare** the leading causes of death for teens with those of all ages.

Answer: The leading cause of death for teens is motor vehicle accidents, while the leading single cause for people of all ages is heart disease. (Graph on page 8)

7. **State** the six risk behaviors that lead to health problems in teens.

Answer: Sedentary lifestyle, alcohol and other drug use, sexual activity, behaviors that cause injuries, tobacco use, and poor eating habits (pages 9-10)

8. **Identify** the risk behavior that leads to the most deaths in teens.

Answer: Behaviors that cause injuries (page 10)

9. **Identify** the risk behavior that is the leading preventable cause of death in the United States.

Answer: Tobacco use (page 10)

CRITICAL THINKING

Answer Key For Holt Lifetime Health

**Holt Rinehart & Winston, Holt,
Rinehart and Winston Staff**



Answer Key For Holt Lifetime Health:

Lifetime Health Holt Rinehart and Winston,2005 **A Lifetime of Health** Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004 **A Lifetime of Health** Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004

Forthcoming Books Rose Arny,2003-04 **Books in Print Supplement** ,2002 **Consumer Health & Nutrition Index** ,1991 **Alcohol** Holt Rinehart & Winston,Holt, Rinehart and Winston Staff,2004 **The Publishers' Trade List Annual** ,1967 **Children's Books in Print** R R Bowker Publishing,Bowker,1999-12 **The Only 127 Things You Need**

Donna Wilkinson,2008-05-15 For The Only 127 Things You Need author Donna Wilkinson spoke to more than fifty experts authorities on the mind the body and the spirit to discover the absolute essential items for living a good life Ever wish you could strip you life down to just the bare essentials that you could de clutter not just the physical items littering your home but the endless to do lists flooding your mind But what to throw away And what to keep This miracle of a book includes expert opinions on what s essential in life from Dr Gail Saltz and Martha Beck the mind Dr Christiane Northrup and Dr Andrew Weil the body Rabbi Harold Kushner and Thomas Moore the spirit For so many of us it s hard to move forward with the important things in life without first paring down and straightening up With this complete guide to life s essentials it will finally be possible to see the forest for all those trees

Decoding **Answer Key For Holt Lifetime Health**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Answer Key For Holt Lifetime Health**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

https://legacy.tortoisemedia.com/data/scholarship/index.jsp/Spotify_Top_Charts_Ideas.pdf

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Answer Key For Holt Lifetime Health Introduction

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