



(click on the chart above or on "Lesson" in the side bar to begin)

A person's lifestyle plays a crucial role in developing and maintaining a healthy body. Research has shown that poor diet, a lack of physical activity, partaking of harmful substances (such as tobacco, alcohol and drugs) and illicit sexual activity will dramatically increase the risk of chronic disease and premature death.

This unit of study will discuss how lifestyle choices can affect health.

For example, research has shown: obesity is a risk factor for chronic diseases such as heart disease, diabetes, high blood pressure, stroke and some forms of cancer;¹¹ and smoking cigarettes for as little as five years can cause irreversible damage to the lungs, heart, eyes, throat, urinary tract, digestive organs, bones and joints, and skin.¹² While hereditary factors have been shown to contribute somewhat to obesity in some individuals, lifestyle choices such as diet and exercise have been shown to have a far more substantial effect.

By the end of this lesson you should be able to:

- Identify the difference between the types of drugs and how it affects us.
- Summarize the effects of a variety of major lifestyle choices on health.
- Demonstrate making lifestyle choices which will have a positive impact on health.

References

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