**Module 6 Job Sheet**

**Personal Health**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Skill Correlation:** This activity addresses personal health skills that supports individual health and wellbeing.

**Objective:** Upon completion, the student will demonstrate an understanding of personal health, physical and mental health, and fitness.

**Directions:**

1. The World Health Organization defined health as a “state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” Explain what that means to you.

2. Read *HEALTHY NORTH CAROLINA 2020: A Better State of Health* and write a one-page summary report on it. <https://publichealth.nc.gov/hnc2020/docs/HNC2020-FINAL-March-revised.pdf>

3. Take a free online health assessment and describe three major items you learned about your health.

4. Do you eat properly, exercise regularly, get enough sleep, and maintain a reasonable weight? Explain and provide examples of how you already do so or could do better.

5. Explain ways you can protect yourself on the job and away from the job.

**References:**

*HEALTHY NORTH CAROLINA 2020: A Better State of Health.*  <https://publichealth.nc.gov/hnc2020/docs/HNC2020-FINAL-March-revised.pdf>