**April 8, 2020**

Chapter 1

*\*\*Refer to the chapter power point at the end of the packet.*

What is health? What is the difference between Life expectancy and quality of life?

After reading through slides 1-4, in your own words explain the difference *life expectancy* and *quality of life*. (2-4 sentences)

**Slide 5: Aspects of Health**

* **Physical Health**
  + Read the article from CNN below
  + [**https://www.cnn.com/2020/03/20/health/exercise-gym-close-coronavirus-quarantine-wellness-jampolis/index.html**](https://www.cnn.com/2020/03/20/health/exercise-gym-close-coronavirus-quarantine-wellness-jampolis/index.html)
    - ***Article attached at the end of packet***
  + Think of ways you can physically stay active during our time at home, maybe even try to work out they suggested!!
  + Write 1 paragraph on your ideas and come up with 3 day workout plan to keep you and your family moving!

**April 9, 2020**

Chapter 1

*\*\*Refer to the chapter power point at the end of the packet*

**Slide 5: Aspects of Health**

* **Mental Health**
  + Read the article from CNBC below
    - Scroll down to the section on “What individuals can do”
  + [**https://www.cnbc.com/2020/03/20/coronavirus-tips-for-protecting-your-mental-health-during-quarantine.html**](https://www.cnbc.com/2020/03/20/coronavirus-tips-for-protecting-your-mental-health-during-quarantine.html)
    - ***Article attached at the end of packet***
  + Come up with a routine that you could do every day, regardless of social distancing and being home from school!
  + Once you do this, try to implement your routine for the rest of the week. Write 1 paragraph on your thoughts (good or bad) on how routines can pertain to your mental health.

**April 10, 2020**

**\*\*Enjoy your Good Friday off!\*\***

**STAY SAFE AND STAY HOME, and HAPPY EASTER!**