**HEALTHY LIVING**

**Assignment 1: Depiction of a Healthy Lifestyle**

**Pre-Mission:**

• As a class brainstorm factors that contribute to and influence the health and well-being of individuals. You may want to consider how the following categories are connected (e.g., social influences and environmental influences; physical, intellectual, emotional, spiritual, and social health).

**Mission:**

• Create a poster, collage, web, video, web site, Venn diagram, pie chart, or other representation depicting the characteristics of a balanced healthy lifestyle.

**Topics to cover in poster:**

- physical activity,

- healthy eating,

- stress management,

- risk management in developing and maintaining a healthy lifestyle

- social and environmental influences on health

- the interrelationships of physical, intellectual, emotional, spiritual, and social components of health.

**Mark Breakdown:**

All topics covered/included: /10

Use of Colour/Effort /10

**Total Marks:**

/20