

Biology Bricks Keywords

What This is About

Please use this document to help further your knowledge, by printing out the keywords associated with the relevant page.

This document is set up for you to cut out the keywords (and laminate them if you think it will help), to be used as a quick guide reference for the subject matter that is included.

Warning

Please note: the keywords included in this document are those that link with the page subject matter. They may relate to other pages as well, but they are meant for the page that the link is provided from. Use them as a resource as you so wish.

Printing

Please feel free **not** to print this page of the document, it is merely a reference and information page.

Lifestyle

A way of living, a lifestyle is how you live your life. There are different types and styles of lifestyle.



Sedentary

A sedentary lifestyle is one that can be unhealthy and is where the person does a lot of sitting around, and not enough exercise.



Healthy

Healthy in terms of lifestyle means healthy foods eaten, regular exercise, no smoking, and plenty of rest when needed.



Unhealthy

An unhealthy lifestyle means the opposite of healthy, where you don't rest, you don't get enough exercise and eat the wrong types of food.



Exercise

Exercise in terms of lifestyle is a must. Without it, you would be unhealthy. If you do exercise, then you should be healthier.



Alcohol Consumption

The amount of alcohol consumed determines how healthy you are. The more you drink, the more likely you are to have an unhealthy lifestyle.



Diet

What you eat is important and makes your lifestyle a healthy or unhealthy option. Obviously, you can mix your diet to suit your needs.



Rest

The amount of rest has an impact on your lifestyle. Some people need to sleep more, others can go a few hours and still function.

