

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.

Health

Health is the aspect of life where you have to continue to maintain it, otherwise you may end up with poor health and lifestyle.



Physical

Physical health is one key factor that enables you to maintain a healthy lifestyle. There are so many benefits to being physical.



Mental

Mental health is a big issue, surrounded by how your mind copes with everyday practices, time-keeping and other aspects of your life including your job and home life balance.



Social

Social health is based on how you interact with people. If you are able to maintain a good social aspect of your life, you are considered healthy.



Spiritual

Spiritual health is what you believe in. It can include religion, or just the spiritual nature of your body and mind.



Performance

Performance in regards to health means that you are able to maintain your health properly and keep up exercise routines or lifestyles.



Exercise

Exercise is a key factor in maintaining good health, and helps you in so many different ways.



Mental Ability

A mental ability is considered for healthy or unhealthy lifestyles. A positive mental ability can help your health, whereas a negative mental ability does the opposite.



Sedentary

A sedentary lifestyle is where you are not active enough to keep your body healthy, and can be the result of different conditions.



Obesity

Obesity occurs when you lead a more sedentary lifestyle. No exercise and poor food choices are a major contributor to obesity.



Osteoporosis

Osteoporosis is a condition that causes your bones to become brittle and break easily. This can be because of a sedentary lifestyle.



Diabetes

Diabetes is a condition that is affected by your eating habits, and can lead to either diet-controlled or insulin injected diabetes.

