



HEALTHY BEHAVIORS

Healthy Lifestyle

Fit Girl Fit





HEALTH BEHAVIOR

Definition

Health behavior is an action taken by an individual to maintain, achieve, or regain good health and to prevent illness.

It usually reflects an individual's health beliefs.

HEALTH BEHAVIOR

Health behaviors include

actions that lead to better-quality health and lifestyle, like eating well and being physically active

actions that affect health, such as increasing one's risk of diseases like smoking, excessive alcohol intake, and risky sexual behavior





**“THE GREATEST
WEALTH IS HEALTH.”**





FIT GIRL FIT

