



## HEALTH BEHAVIOR

### **Definition**

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

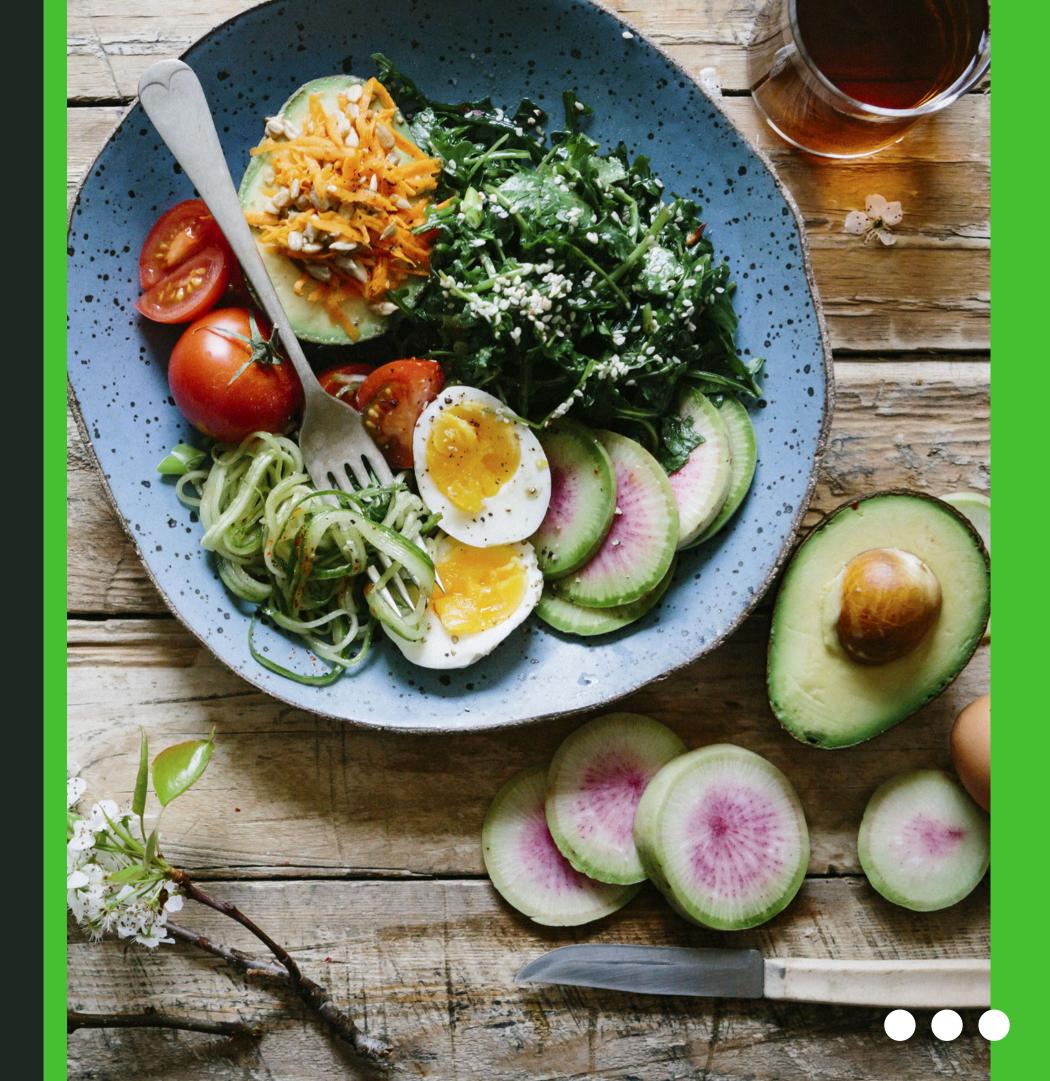
It usually reflects an individual's health beliefs.

## 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."

