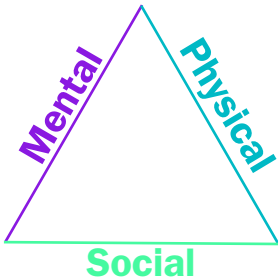


Name \_\_\_\_\_ Date \_\_\_\_\_



# The Health Triangle

**Directions** Learn about the health triangle. Think of ways to support your mental, social, and physical health, and write them in the Venn diagram. Some are done already.



Good health is not just about being free from sickness or injury. According to the World Health Organization, “health is a state of complete physical, mental, and social well-being.” These make up the health triangle. It’s necessary to have a good balance of all three to live a healthy lifestyle.

