

Feb 7, 2019

Pass in Day in the Life Assignment

Wellness Continuum

Life Expectancy

Warm-Up

Japan has this highest life expectancy.
People in this country live on average to
an age of .

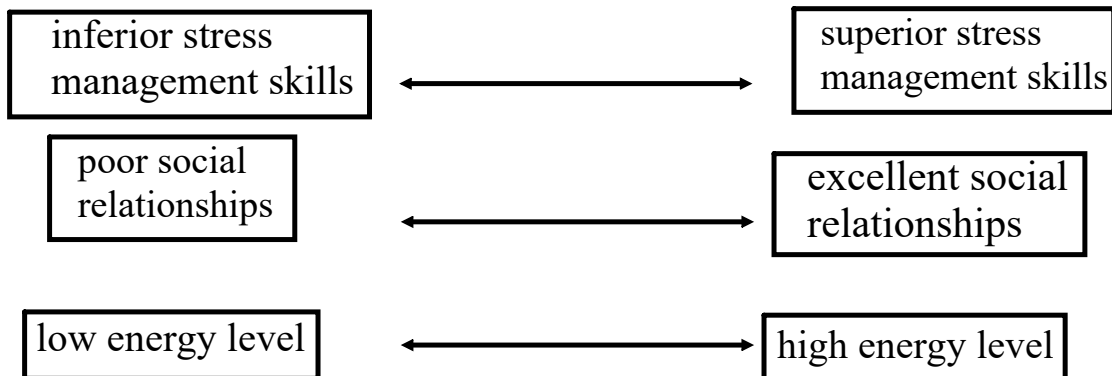
Wellness Continuum

death that occurs due to lifestyle behaviors that lead to a fatal accident or avoidable disease

state of wellness characterized by peak physical, mental and social well-being

Premature Death ↔ Optimum Health

low energy level	← moderate →	high energy level
frequent illness	← some →	infrequent illness and quick recovery
inferior stress management skills	← average →	superior stress management skills
poor social relationships	← fair →	excellent social relationships



Healthy Life expectancy is the number of years a person is expected to live in good health. Therefore it varies based on country even province or areas within a province.

What do you think the average life expectancy is for a Canadian

Male?

Female?

andReveal-Rect

New Brunswick

andReveal-Rect

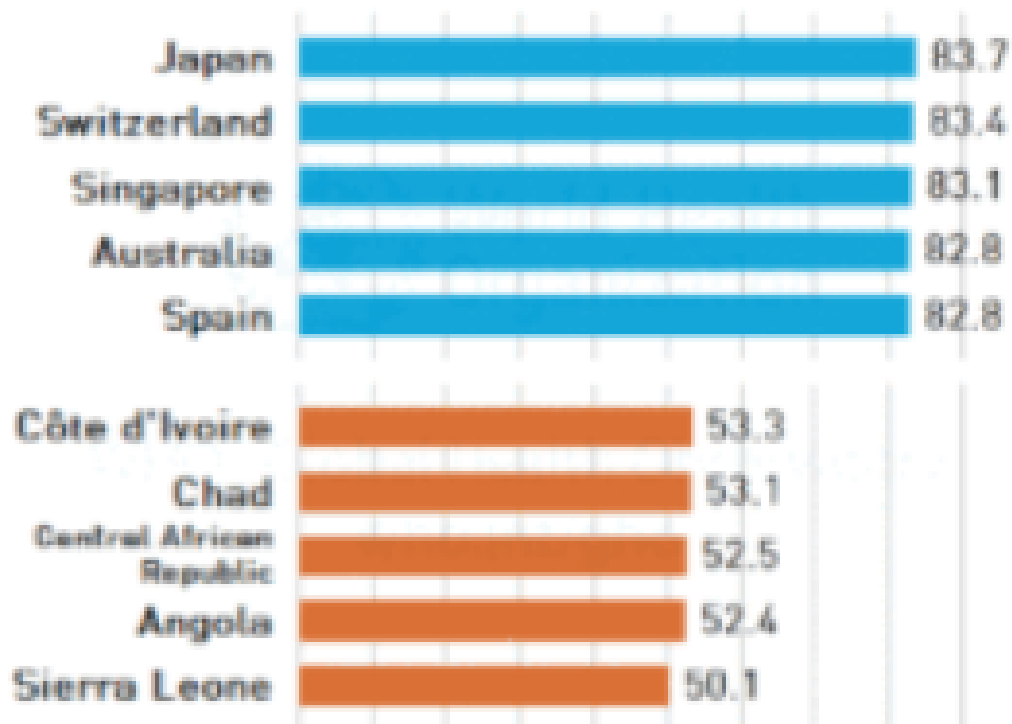
Male?

Female?

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Life Expectancy at Birth, 2015 Top and Bottom 5 countries



What factors affect your life expectancy?

Heredity (uncontrollable) : based on family history you may have a greater chance of getting certain diseases

Social Circumstances (controllable): education, income etc

Environment (controllable): pollution, chemical contaminants etc

Medical Care (uncotrollable): modern day medical treatments haven't had a big impact on our life expectancy.

Lifestyle Behaviors: (the single most controllable influence)

What do you think are the top four lifestyle behaviors that contribute to premature death?

Top four lifestyle behaviors that contribute to premature death.

1. Tobacco use
2. Poor diet
3. Lack of exercise
4. Alcohol abuse

How long do you think you will live based on your lifestyle?

Determine your Life Expectancy

- <http://www.livingto100.com>

If you have your phone you can start this now, if not complete tonight on a home computer or phone