Word List

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1. **Blood pressure**: A healthy blood pressure is considered 120/80mmHg
2. **Cholesterol**: The optimal level of total blood (or serum) cholesterol is <180 mg/dL
3. **HDL** (high-density lipoproteins): Considered the “good” cholesterol. They act as cholesterol scavengers, picking up excess cholesterol in your blood and taking it back to your liver where it’s broken down. The higher your HDL level, the less “bad” cholesterol you’ll have in your blood.
4. **LDL** (low-density lipoproteins): Considered the “bad” cholesterol. These lipoproteins carry cholesterol throughout your body, delivering it to different organs and tissues. But if your body has more cholesterol than it needs, the excess keeps circulating in your blood. Over time, circulating LDL cholesterol can enter your blood vessel walls and start to build up under the vessel lining. Deposits of LDL cholesterol particles within the vessel walls are called plaques, and they begin to narrow your blood vessels. Eventually, plaques can narrow the vessels to the point of blocking blood flow, causing coronary artery disease.
5. **Blood glucose**: 70-100 mg/dl is considered a healthy fasting blood glucose level for a typical individual. Elevated blood glucose levels can lead to Type II Diabetes
6. **Diabetes**: 9.3% of people in the United States, or 29 million people, have diabetes. Diabetes is a metabolic disease in which the body’s inability to produce any or enough insulin causes elevated levels of glucose in the blood. Type I Diabetes is usually found in children and young adults. Only 5% of people who have diabetes have type I. In this type, the body does not produce insulin and therefore cannot convert sugars, starches, and other food into energy needed for daily life. Type II Diabetes is when blood sugar levels rise higher than normal. The body does not use insulin properly. This type of diabetes is often caused by poor diet and exercise habits.
7. **Nutrition**: My Plate is the current nutrition guide. Visit this website for more information: [http://www.choosemyplate.gov/food-groups/](http://www.choosemyplate.gov/food-groups/)
8. **Exercise**: It is recommended that we get at least 30 minutes of exercise 5 days a week. There are two types of exercise: aerobic and anaerobic. Aerobic exercise is more active, usually cardio. This would include activities such as running or swimming long distances. Anaerobic exercise is more strength training and includes activities such as weight lifting.

9. **Insurance**: It is important to understand your health insurance. Contact your employer or insurance company with any questions.

10. **Flu**: a common disease that is caused by a virus and that causes fever, weakness, body aches, and breathing problems. The flu is most common in the fall and winter and usually peaks in January.

11. **Depression**: common but serious illness that interferes with daily life that causes pain for both you and those around you. Depression is caused by a combination of genetic, biological, environmental, and psychological factors. Symptoms include feelings of hopelessness, pessimism, irritability, restlessness, loss of interest, fatigue, difficulty concentrating, overeating or appetite-loss, thoughts of suicide, aches and pains, etc. If you are having symptoms of depression, contact a doctor to begin treatment.

12. **Laughter**: laughter can have many health benefits including physical, mental, and social benefits. Examples of these benefits include lowered stress hormones, preventing heart disease, easing anxiety, improving mood, and strengthening relationships.

13. **Play**: play is beneficial for both children and adults. It allows for cognitive development, social development, physical development, language development, and more. It can also provide a source of relaxation and stimulation for adults.

14. **Asthma**: Asthma is a common condition in which your airways narrow and swell and produce extra mucus. This can make breathing difficult and can trigger coughing, wheezing, and shortness of breath. For some people, asthma is a minor annoyance, but for others it can be a major problem that interferes with daily activities and could even lead to a life-threatening asthma attack. There is not a cure for asthma, but its symptoms can be controlled.

15. **Wellness**: There are six dimensions of wellness. These include occupational wellness, physical wellness, spiritual wellness, emotional wellness, social wellness, and intellectual wellness.

16. **Healthy**: The definition of health is, “the state of being free from illness or injury.” However, what is considered to be “healthy” can vary from one person to the next.

17. **Sleep**: It is important not only to get enough sleep, but also to get good quality sleep. Sleep can have a big impact on all aspects of a person’s life.

18. **Systolic**: In a blood pressure reading, the systolic pressure is typically the first number recorded. It is the blood pressure when the hearth is contracting.
19. **Diastolic**: In a blood pressure reading, the diastolic pressure is typically the second number recorded. It is the minimum arterial pressure during relaxation and dilation of the ventricles of the heart when the ventricles fill with blood.

20. **Family**: Having people who you consider family, whether or not they are related to you, can be beneficial to your health and well-being. They provide a support system when needed and often provide encouragement.