Formative Assessment –

Unit 1 – Promoting Individual Wellness

Directions: Read the article from National Geography.

<http://science.nationalgeographic.com/science/health-and-human-body/human-body/fat-costs/>

As a group, list how obesity affected her 7 Dimensions of Wellness. Use specific examples from the article.

1. Physical Wellness:

2. Emotional Wellness:

3. Social Wellness:

4. Spiritual Wellness:

5. Environmental Wellness:

6. Intellectual Wellness:

7. Occupational Wellness: