

CHAPTER OVERVIEW

1: Introduction to Health and Wellness

[1.1: Dimensions of Wellness](#)

[1.2: Healthy People 2020](#)

[1.3: Major Health Concerns](#)

[1.4: Risk Factors and Levels of Disease Prevention](#)

[1.5: Behavior Change and Goal Setting](#)

This page titled [1: Introduction to Health and Wellness](#) is shared under a [CC BY-NC-SA 4.0](#) license and was authored, remixed, and/or curated by [Andrew Paasch](#).