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### Answers To Holt Lifetime Health

a. environmental health. b. average health. c. public health. d. optimal health. a. aspects of health related to the body b. involves interacting well with people and having satisfying relationships c. feeling good about oneself d. age, race, gender, and heredity e. knowledge of health information needed to make good health decisions

Chapter 8 Lifetime Health, Lifetime Health Chapter 3, Holt, Lifetime Health, Chapter 1, Lifetime Health Chapter 2, Lifetime Health Chapter 7, Lifetime Health Chapter 9. Hunger. Appetite. basal metabolic rate (BMR) Overweight. the body's physical response to the need for food.

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The Understanding Drugs & Medicines chapter of this Holt Lifetime Health Companion Course helps students learn the essential lessons associated with understanding drugs and medicines.

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