



CHAPTER 1

WEB LINKS

Health & Wellness, Fourteenth Edition

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Description	Weblink
Healthy People 2030	https://health.gov/healthypeople
Social Determinants of Health	https://www.cdc.gov/socialdeterminants/index.htm
Impact of Lifestyle on Health	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4703222/
How to Change to Healthy Lifestyle Habits	https://www.youtube.com/watch?v=7vBIL4br1IU
Transtheoretical Model and Stages of Change (Examples)	https://www.youtube.com/watch?v=VVyhhMzWkiU