



## AGS Life Skills Health Student Text

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### A skill-based, wellness approach to health

Life Skills Health—a textbook for striving high school students—discusses critical health concepts. Students learn how to maintain positive mental health, deal with emotions, prevent sexually transmitted diseases and common diseases, implement good nutrition and exercise plans, and more. The text sharpens students' abilities to set goals and make decisions. In addition, Life Skills Health explains how to sustain healthy relationships, communicate effectively, and access health resources.

Throughout Life Skills Health, simple sentence structure and assistance with difficult vocabulary work together to enhance comprehension. This exciting, full-color textbook provides student-friendly text and real-world examples to show students the importance of sound health strategies in their daily lives. The text also invites students to view health issues from a global perspective with Health in the World features.

**Lexile Level** 840

**Reading Level** 3-4

**Interest Level** 9-12

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