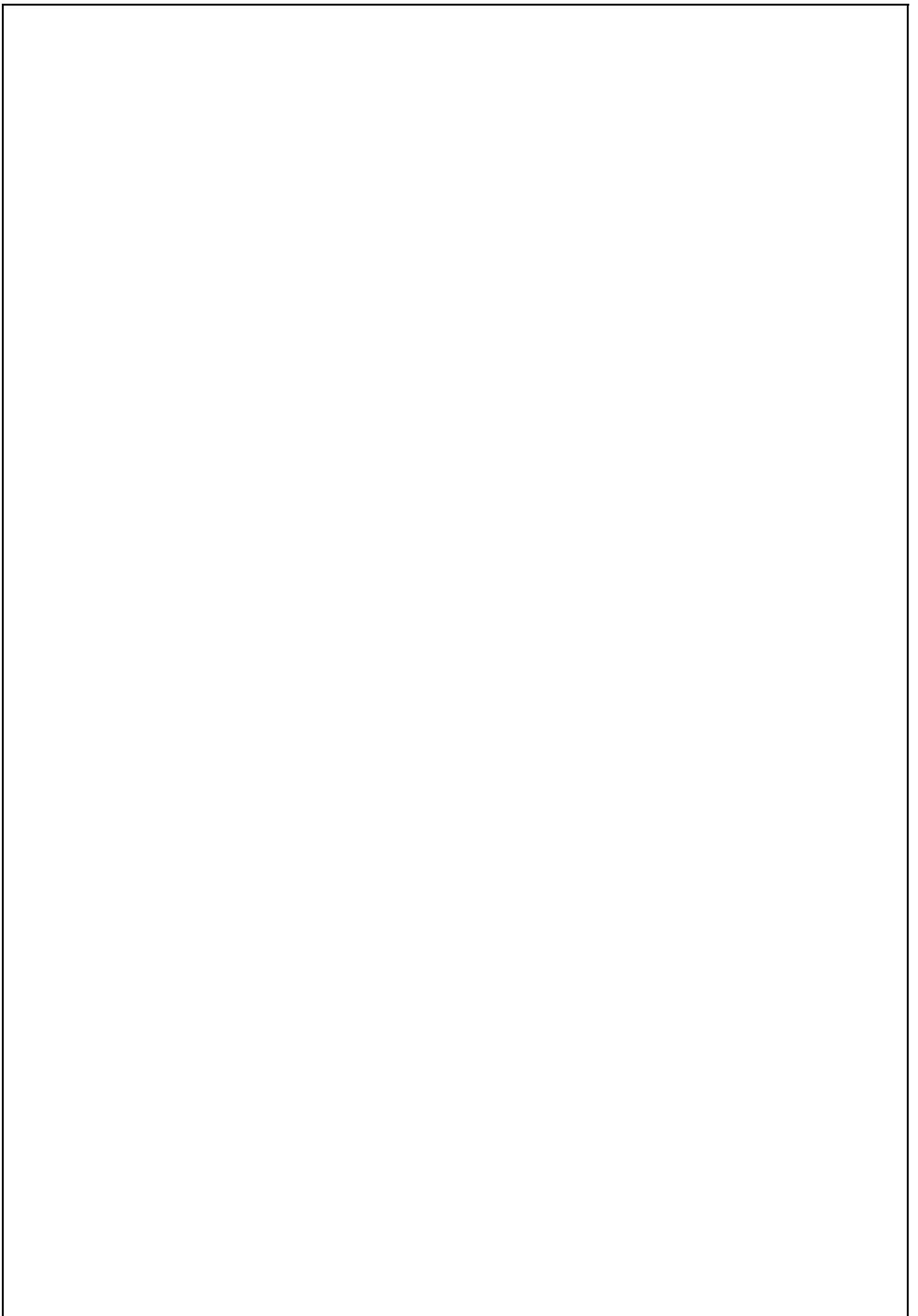


DIMENSIONS OF HEALTH

GOLINSKI BACK ON TRACK

Read the *Today Tonight* news report on celebrity chef Matt Golinski, then answer the following questions.



Questions

1. Describe Matt's health prior to the house fire. Discuss the various dimensions.

2. Describe the effects of the house fire on Matt's physical, mental and social, emotional and spiritual health. (Hint: Read through the article again and highlight each dimension of health in a different colour.)

a) Effects on physical health

b) Effects on mental health

c) Effect on social health

d) Effect on emotional health

e) Effect on spiritual health

3. Explain how Matt's social health has changed as a result of the house fire.

4. Describe what Matt is doing to assist with his recovery.

5. Outline the factors that may influence Matt's health in the future.

