Table 3: Estimated correlations between the six constructs of AHPS based on the final model.

	L A	SM	NB	HR	SS	EB
LA	1.00					
SM	.619**	1.00				
NB	.763**	.835**	1.00			
HR	.416**	.551**	.450**	1.00		
SS	.669**	.760**	.691**	.573**	1.00	
EB	.645**	.545**	.631**	.456**	.812**	1.00

Note: LA = Life appreciation; SM = Stress Management; NB = Nutrition Behavior; HR = Health Responsibility; SS = Social Support; EB = Exercise Behavior.
** p < .001