

## Fitness and Wellness: Healthy Habits for Life!

Find a picture of a person that you think appears healthy and answer the following questions from looking at their picture.

1) What makes them look like a healthy person? \_\_\_\_\_

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2) Tell how the following things make them look healthy or unhealthy:

**Eyes** (ex. bright, white, full, or red, sleepy, tired)

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**Mouth/Teeth** (ex. clean, white teeth or yellow teeth, unclean)

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**Skin** (ex. smooth, clean, healthy or red, blotchy, unclean)

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**Posture** (ex. upright, shoulders back, flat tummy or hunched over, belly showing)

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**Mood** (ex. relaxed, well-rested, happy or tired, stressed, unhappy)

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**Weight** (ex. proportionate, normal, not a lot of extra belly fat or overweight, extra fat, belly showing)

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**Attitude** (ex. confident and happy or insecure and unhappy)

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3) Do they look like they are active? \_\_\_\_\_ Why or why not? \_\_\_\_\_

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**4) Choose at least one benefit of exercise to use with your picture and write at least one statement promoting exercise.** (like an advertisement for exercise)

**Your choices are:**

- a) Increases muscle strength and endurance
- b) Increases efficiency of heart and lungs
- c) Improves appearance and posture
- d) Reduces risk of cardiovascular disease
- e) Reduces excess body fat
- f) Increases resistance to disease
- g) Improves mental alertness
- h) Improves self image and self confidence
- i) Relieves stress
- j) Improves quality of sleep
- k) Increases social involvement

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