

Discovering Life Skills

Chapter 20: Health and Fitness

Chapter Summary

When you are physically fit, you look and feel your best. A healthy, fit body means you take care of yourself. Fitness is the ability to handle daily events in a healthy way. By exercising regularly you will enjoy all the benefits of fitness. Physical activity is necessary if you want to reach and maintain a healthy body weight.

People who maintain a healthy body weight are neither overweight nor underweight. You have to balance the calories you eat with the calories you use for energy. The most sensible and healthy way to control your weight is to combine a nutritious and balanced meal plan with physical activity. Some people develop eating disorders, or extreme eating behaviors, that can lead to depression, anxiety, disease, and even death. Work to maintain a positive attitude about yourself and your life.