

Section 26.1 Wellness for Life

Directions As you read, look for healthful ways to lose or gain weight. Use this chart to help you organize your information.

Weight Management	
Healthful Ways to Lose Weight	Healthful Ways to Gain Weight
1.	1.
2.	2.
3.	3.
4.	4.

Section 26.2 Taking Care of Yourself

Directions As you read, identify and describe four guidelines you can use in everyday life to stay safe. Use this table to help you organize your information.

Staying Safe	
What to Do	How to Do It
1.	1.
2.	2.
3.	3.
4.	4.