

Check Your Answers: After You Read

Section 26.1

Review Key Concepts

1. Regular physical activity: promotes overall physical health; helps you look and feel better; strengthens your heart and lungs; improves your muscle tone balance, coordination, and flexibility; helps you maintain a healthy weight; and helps you manage stress and build self-esteem.
2. It is important to accept the characteristics that you cannot change and focus on maintaining a weight that is healthy for your particular body.
3. Health risks can be linked to emotional factors such as low self-esteem, unrealistic body image, depression, and immature decision making.

Practice Academic Skills

4. Answers should reflect that making wise health choices throughout life can help ensure a healthy, active life and avoid taking health risks.
5. Plans should reflect realistic ways to build relationships within the community that aim for positive change and collaboration among citizens of different age groups.

Section 26.2

Review Key Concepts

1. Eat a wide variety of nutritious foods; make physical activity a part of your daily routine; get enough rest; and practice good hygiene.
2. In an emergency, the body gets a boost of strength to fight or flee from danger.
3. Schedule checkups, ask questions, make appointments if you have a problem, and follow your doctor's advice.

Practice Academic Skills

4. Student essays will differ. Findings should reflect a desire to live a life of healthful moderation.
5. Restaurants use appetizing images, special offers, coupons, and large portions. Ideas for eating healthfully at restaurants: limit the frequency of visits; choose healthful menu items; limit or avoid desserts; choose milk, juice, or water instead of soda; split meals; and increase physical activity.