

Maintaining Good Health and Wellness

Read each scenario. List the good and poor health and wellness habits of each scenario in the appropriate columns. For each poor health habit, write the improvements needed.

Scenario	Habits		Improvements needed
	Good	Poor	
Susi is playing softball outside, and her mother calls her to dinner. She immediately runs into the house, throws her softball mitt down on the table by her plate and sits down at the table to eat the meal. After rushing through her meal, she grabs her mitt and runs back outside to finish the ballgame.			
Jacob got out of bed late this morning because he went to bed late. He rushed to get to school by 8:30 a.m. and did not have time to eat breakfast or brush his teeth. At lunch he went to the vending machine to purchase a bag of chips and natural snack bar.			

Scenario	Habits		Improvements needed
	Good	Poor	
<p>Marco has been under pressure to complete two projects, his college essay and also study for semester exams. He has been staying up until 2:30 a.m. to complete his work. He has been drinking caffeine energy drinks and has had difficulty falling asleep.</p>			
<p>Margie has gained fifteen pounds and has heard about a new diet that provides quick results. She has decided to try it. She is very proud to have lost ten pounds in one week but has little energy and cannot perform her cheerleader routines. She has missed cheerleader practice twice during the week because she felt sick.</p>			
<p>Maria plays tennis every day after school. She gets at least eight hours of sleep a night and jogs two miles in the mornings. Today after school Maria is going to her family physician for her first physical examination in four years.</p>			