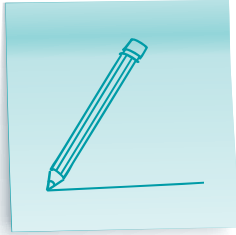


Activity 2



Your Health

Now that you have thought about what it means to you to be healthy, where would you put your personal health?

- If you think you are very unhealthy, mark 1.
- If you think you are very healthy, mark 10.
- Your health probably falls somewhere in between.
Mark a number between 1-10 that best shows your health.



Healthy Living

What is one thing you could do to change your health?

If you did that one thing, would you give yourself a higher number?

Would that one thing be hard for you to do? Why or why not?



Meet Selena

Selena is putting off seeing the doctor. The way she is feeling lately, she knows she should go, but she never feels comfortable there. She'd probably leave anyway without understanding what the doctor said, she figures, with all the medical terms he uses. She seems to leave the office more confused than when she goes in.



Think About...

Do you ever feel like Selena? Is your experience similar?
