

Getting Healthier

Directions: Check word meanings orally with students. Discuss meanings and give examples for any unknown words or concepts. Use graphics and Reading Passage -Section 18 to help clarify.

good health decisions
 resistance training - exercise designed to increase muscular strength, usually through use of weights, stretch bands, and one's own body weight

free or low cost activities
 fats/sweets group
 protein group
 grain group
 vegetables
 dairy group
 fruit

Supplemental Vocabulary (words which may come up in oral discussions or other activities)

cardio - slang for aerobic exercise, which means exercise that raises one's heart rate and use of oxygen; also, a prefix referring to the heart

abs - a slang abbreviation (a shorter way of saying) "abdominal muscles"

rotate - to take turns doing an activity; also, to turn or spin something around

improvise - to make do with whatever is at hand; also to make something up right in the moment

H ₂ O -	the chemical symbol for water; one molecule of water has two hydrogen atoms (H) bonded to one oxygen atom (O)
dehydrated -	a condition that occurs when the body loses too much water
motivation -	having the desire and willingness to do something
lifestyle -	the way a person or a group lives that reflects their values and attitudes e.g. their relationships with people, interests, and activities