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Personal Health 206

Unit 2: Nutrition and Fitness, Chapters 9 and 10

Reflection Questions #4: DUE October 3

Chapter 9: Nutrition: Managing Your Weight

1. Describe four reliable methods options used to assess one’s fat levels.

2. Describe five risk factors for obesity.

1. Differentiate among the three eating disorders. Give three reasons why females might be more prone to anorexia and bulimia than males are.

Chapter 10: Personal Fitness

1. Describe five benefits of regular physical activity.
2. Using the chart on page 320, describe the four components of physical fitness.
3. For each of the four components of physical fitness, describe two exercises that will help improve that fitness component.