

Writing About Health and Exercise

Think about how you feel. Are you healthy? Do you get good exercise? Are you unhealthy? Do you need more exercise? Write about one of these:

- How I Keep Myself Healthy
- My Favorite Exercise
- What I Need to Do to be More Healthy
- My Advice about Healthy Living
- Why It's Important to Ask Your Doctor about Your Weight and the Exercises You Can Do

Credits

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Additional information and photos are from these sources: *Pinellas County Health Department, <http://www.pinellashealth.com>; Welcome to the Pinellas Wellness Corner, <http://www.pinellaswellness.com>; Welcome to America on the Move, <http://gom.americaonthemove.org>; KidsHealth for Kids, <http://www.kidshealth.org>; Mayo Clinic (articles on obesity and exercise); <http://www.mayoclinic.com/health/obesity/DS00314>; Pinellas County, FL County Health Status Summary, <http://www.floridacharts.com>; and from *Your Guide to Physical Activity and Your Heart*, U. S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung and Blood Institute (NH Publication No. 06-5714, June 2006)*

Please send any suggestions for improving this unit to Martha A. Lane, Living in Pinellas County curriculum designer and writer: marti4lit@verizon.net.