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Student Pages - How Healthy is my Lifestyle?

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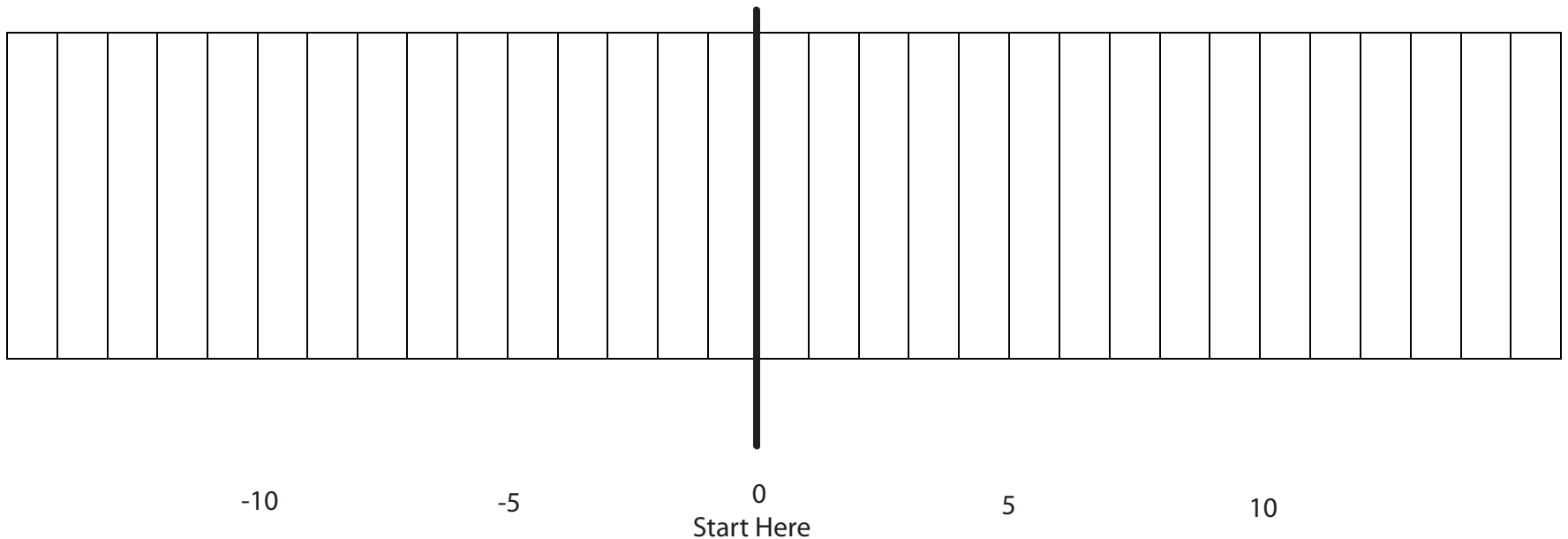
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Activity 2.2: How Healthy is my Lifestyle?

The choices we make everyday contribute to our health. Although taken individually, each choice doesn't seem to be that important, many people do not consider how many of their choices work together to affect their overall health. This activity will ask you to consider your lifestyle choices as factors that positively or negatively contribute to your health.

Directions: Place your pen or pencil on the line marked "0". As your teacher reads each question move your pen or pencil forward or backward depending how you answer the question. Mark the spot you arrive at after all the questions are asked.



Are you surprised the result? Explain your answer.