

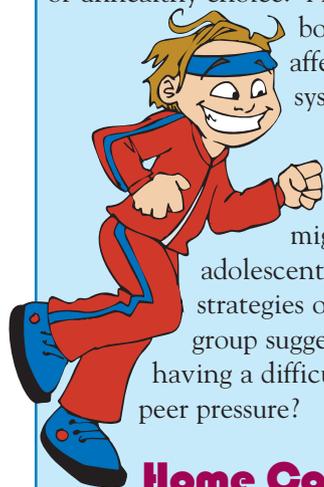
Activities

1. In groups, make a chart of the choices you make every day and list whether they are healthy or unhealthy choices. Also, state what types of benefits can come from making healthy choices and problems that could arise from making an unhealthy choice.

2. Make a poster that illustrates healthy choices for your body systems. Be creative, and use pictures from magazines or the Internet.



3. In groups, create a skit that demonstrates one person making a healthy choice and another person making a negative or unhealthy choice. As a class, discuss how both choices might affect a person's body systems.



4. In groups, discuss how peer pressure might affect the choices adolescents make. What strategies or tactics would your group suggest to a friend that was having a difficult time dealing with peer pressure?

Home Connection As a family, discuss whether you have family members that use or have used tobacco products. What health effects have these family members experienced due to their use of tobacco? Briefly write your findings (omitting names, if you prefer) and place them in your health portfolio.

Discussion Questions

What other healthy choices can you make that will benefit your body systems?

How might peer pressure affect a person's ability to make healthy choices?

Making Choices that Positively Affect Your Body Systems

Your body systems are vital to your health, which is why you need to try to always make healthy choices. An adolescent's body is still developing and growing, and poor lifestyle behaviors can keep the body from reaching its healthiest and strongest level.

The choices that you make are important because they can affect your body and your health for a lifetime. The most important choices that teens make are related to diet and nutrition, physical activity and exercise, use of tobacco, drugs, and alcohol, and sexual activity. Making the right decisions when it comes to these areas of your health can protect your body from debilitating and life-threatening problems.



Nutrition and Physical Activity

Nutrition and physical activity actually go hand in hand when it comes to making healthy choices and maintaining a healthy weight. A person can best achieve a healthy weight by eating a balanced diet and getting regular physical activity. Keeping your daily food portions and calorie intake in balance with your level of physical activity is the best weight maintenance plan.



Diets do not offer a long-term solution to managing weight. In addition, eating disorders or excessive exercise can damage the body's systems. Eating disorders are considered mental health conditions and often develop when people have a distorted view of their body, or an unrealistic idea of their ideal weight and how to achieve weight loss. Anorexia Nervosa is essentially starvation or intentionally depriving the body of nutrition. Bulimia Nervosa is characterized by episodes of binge eating and then purging the body by vomiting or using laxatives. Binge

Eating Disorder is frequent episodes of overeating without purging. All of these eating disorders are associated with health risks and some are even life threatening. Anyone that has an eating disorder needs to seek treatment with a qualified mental health expert and a physician.

Drugs, Alcohol, and Tobacco

Drugs, alcohol, and tobacco products affect almost every body system. The use of these substances can cause a number of diseases and can severely damage the heart, liver, lungs, and brain. Protect your body systems by avoiding these substances.

Abstinence

The best choice for adolescents when it comes to sexual activity is abstinence. Abstinence is the only way to completely protect your body from dangerous sexually transmitted diseases (STDs) and pregnancy. Your organs and body systems can be affected by STDs and even though some STDs can be cured with medications, some STDs are not curable and can even be fatal. Always choose abstinence to protect your body systems.

