

High School Nutrition & Fitness Education

Suggested Lessons: *Holt Health*

Choosing Health High School: *Body Image & Eating Disorders*

- P. 4-7: Unit 1: Body Image and Self-Esteem
- P. 18-20: Unit 2: Pressures on Body Image
- P. 32-35: Unit 3: Eating Disorders
- P. 50-54: Unit 4: Help for Eating Disorders

Video: *The Teen Files: Surviving High School ~ Body Image*

Surviving High School Teaching Module Suggested Activities

Choosing Health High School: *Fitness & Health*

- P. 4-8: Unit 1: The Meaning of Fitness
- P. 16-23: Unit 2: Feeling Good About Myself
- P. 32-36: Unit 3: On Your Mark, Get Set, Go!
- P. 44-47: Unit 4: In a Heartbeat
- P. 54-57: Unit 5: Looking Good – Feeling Good
- P. 72-75: Unit 6: Be Prepared
- P. 86-90: Unit 7: Putting It All Together

Personal & Social Skills: Level 2: *Managing Stress*

- P. 266-267: Taking a Breather
- P. 268-269: Deep Muscle Relaxation,
Worksheet: “ Deep Muscle Relaxation” (P. 289)

Diabetes Information:

Diabetes Melitus p 529
Diabetes Type I pp 512-513, 519
Diabetes Type II pp 512

Jump Start Teens

Video **Body Talk 1, The Body Positive**

Folding Display **Medical Benefits with Exercise** (Nasco)