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| <b>Body-Your Lifestyle Affects Your Body on 3</b>   |   |   |                          |
| <b>Question</b>   | <b>Answer(s)</b>  | <b>Links/Sources</b>  | <b>Student Resources</b> |
| Why is it important to eat a variety of foods from each group?                                      | Each food group contains similar nutrients, so eating from each food group allows you to get a variety of nutrients of minerals needed by your body.  | <a href="https://www.eatforhealth.gov.au/food-essentials/five-food-groups">https://www.eatforhealth.gov.au/food-essentials/five-food-groups</a>   |                          |
| How does your calorie usage change as your metabolic rate slows?                                    | "Resting metabolic rate is modulated by the amount of calories consumed in the diet relative to energy expenditure. Excessive consumption of energy appears to increase resting metabolic rate while fasting and very low calorie dieting causes resting metabolic rate to decrease."                   | <a href="https://pubmed.ncbi.nlm.nih.gov/2204100/">https://pubmed.ncbi.nlm.nih.gov/2204100/</a>   |                          |
| How important is physical activity?   | "Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers." | <a href="https://www.mana.md/the-importance-of-physical-fitness/">https://www.mana.md/the-importance-of-physical-fitness/</a>   |                          |
| Why are these diseases associated with obesity?   | "Obesity significantly increases your risk of diabetes and high blood pressure, and these conditions are also intimately intertwined with heart disease. For instance, an obese person's risk of a heart attack is 3 times greater than that of a person who has a healthy weight."                     | <a href="https://www.mountelizabeth.com.sg/healthplus/article/the-relationship-between-obesity-diabetes-and-the-heart">https://www.mountelizabeth.com.sg/healthplus/article/the-relationship-between-obesity-diabetes-and-the-heart</a> |                          |
| What other factors increase bone strength?  | Diet, weight, alcohol and smoking, and medical conditions.  | <a href="https://www.health.harvard.edu/womens-health/5-ways-to-boost-bone-strength-early">https://www.health.harvard.edu/womens-health/5-ways-to-boost-bone-strength-early</a>   |                          |
| Why not?  | They are not weight bearing exercises.  | Textbook answer, same paragraph.  |                          |
| How will a stronger heart help your body?   | "Your heart is a muscle and exercise strengthens it. A strong heart can more efficiently pump blood to deliver oxygen and nutrients to other parts of your body."   | <a href="https://familydoctor.org/keeping-heart-healthy/">https://familydoctor.org/keeping-heart-healthy/</a>   |                          |
| How would physical activity provide an alternate treatment for mild cases of anxiety or depression? | "Regular exercise may help ease depression and anxiety by: Releasing feel-good endorphins, natural cannabis-like brain chemicals (endogenous cannabinoids) and other natural brain chemicals that can enhance your sense of well-being."  | <a href="https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495">https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495</a>           |                          |
| How else can engaging in physical activity make you feel better?                                    | "Regular exercise can have a profoundly positive impact on depression, anxiety, and ADHD. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits."   | <a href="https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm">https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm</a>                                 |                          |
| Why are these statistics important?   | These statistics allow us to compare our lifestyle to that of lower countries and try to fix issues.  |   |                          |

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| What are some diseases associated with obesity?       | See resource.    | <a href="https://www.cdc.gov/obesity/adult/causes.html">https://www.cdc.gov/obesity/adult/causes.html</a> |                          |