



L I F E S K I L L S <sup>TM</sup>

H A N D B O O K S

# Health and *Safety*

Prevention: The Best Cure  
Getting Medical Attention  
Handling Health Problems  
Avoiding Health Hazards



21st CENTURY

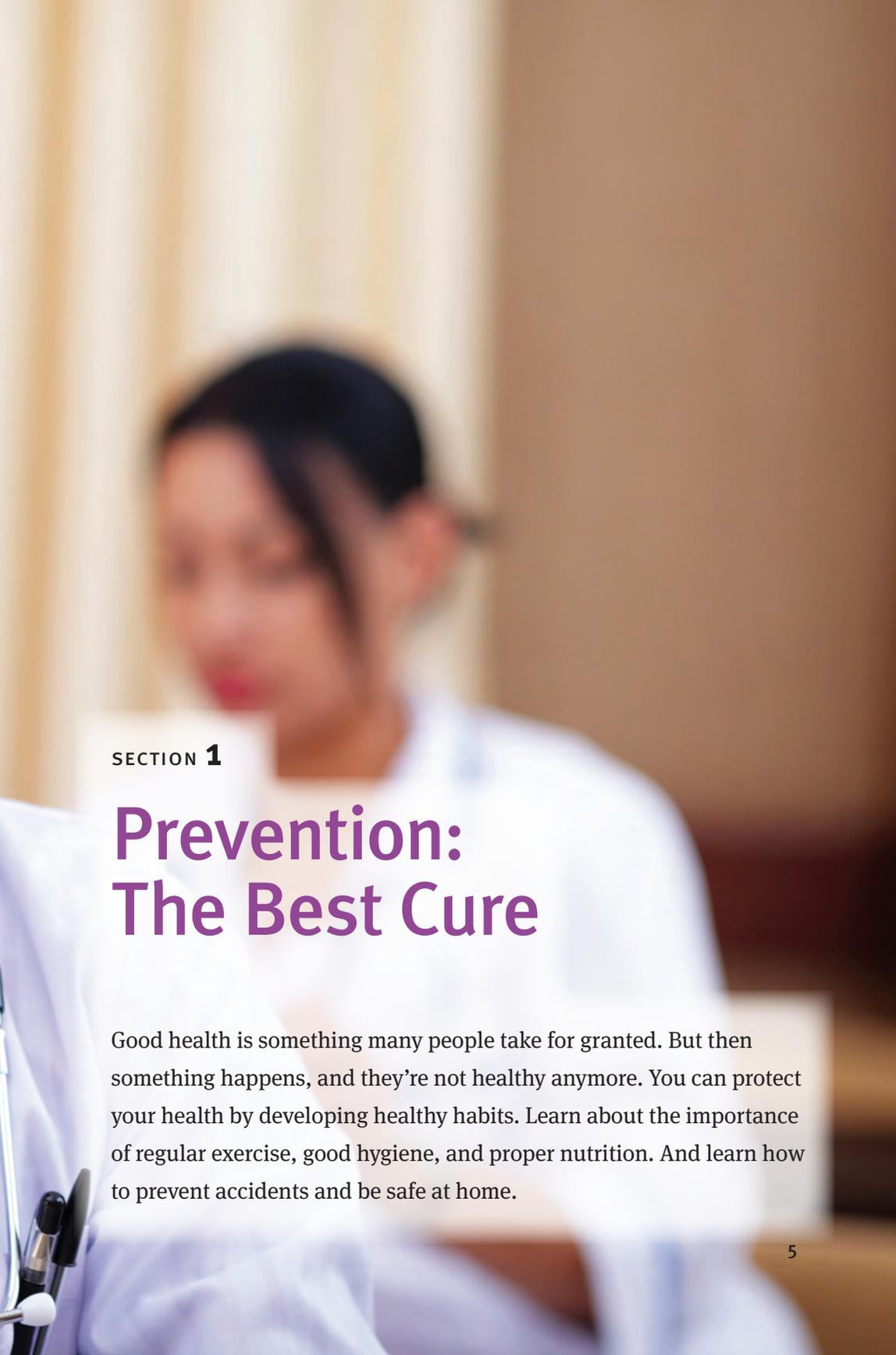
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EDUCATIONAL PUBLISHING



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SECTION **1**

# Prevention: The Best Cure

Good health is something many people take for granted. But then something happens, and they're not healthy anymore. You can protect your health by developing healthy habits. Learn about the importance of regular exercise, good hygiene, and proper nutrition. And learn how to prevent accidents and be safe at home.



## Making Good Health a Habit

Hector hated walking with crutches. Thankfully, he wouldn't have to use them for long. He had only sprained his ankle, not broken it.

Hector also hated telling people how he'd gotten hurt. He had fallen at home!

Hector and his family had known for months that the carpet on the stairs was loose. They'd talked about fixing it every time one of them slipped and came close to falling. Tacking down the loose carpet would have been a simple repair and taken only a few minutes. But for some reason, it had never been done.

Telling people he had fallen was embarrassing for Hector. After all, he was an athlete. He'd been hurt a couple of times playing soccer but not seriously. He had always been in good shape, so he'd recovered from those injuries pretty quickly. Even in the offseason, he kept himself physically fit. He ran and worked out at the gym year round.

Hector ate well year round, too. It wasn't always easy. He was busy with his job and school and working out. A lot of his friends ate foods that were





quick and easy to get. They went to fast-food restaurants and bought snacks from vending machines. But Hector knew that if he didn't eat well, he wouldn't feel well. And if he didn't feel well, he wouldn't get things done.

Hector also did everything he could to avoid catching a cold or the flu. Living in a house with five other people made that a challenge.

His mother reminded everyone to wash their hands and to develop other habits to prevent the spread of germs. She teased Hector about “not having time to get sick.”

Hector knew one thing he would make time for: fixing the carpet on the stairs.





## CHAPTER 1

# Physical Fitness



Think about the challenges your body faced today. Did you run to the bus stop? Did you carry a heavy backpack? Did you play a sport?

Your body's ability to meet these daily demands is called *physical fitness*. Regular exercise is one of the keys to physical fitness. It helps you stay healthy and look and feel your best.

## Aerobic Exercise

**Aerobic** exercise strengthens your heart. During aerobic exercise, you breathe in more oxygen (air), and your body uses it in an effective way. Aerobic exercise makes your heart beat faster. It pumps more blood



to your muscles and provides them with more oxygen.

Aerobic power helps you do hard, physical work.

Swimming, biking, walking, and running are examples of aerobic exercise. Lifting weights is an example of muscle-building or strength-training exercise. It is not an aerobic activity.

How much aerobic exercise is enough? The Mayo Clinic says to do at least 30 minutes of aerobic activity a day. Getting regular exercise can help you live a longer and healthier life.

## Aerobic

Using or related to the body's use of oxygen.

### Walking as Aerobic Exercise

- **Leisure walking:** Stroll at a light to moderate pace.
- **Race walking or power walking:** This form of walking comes close to running. To do it, pick up your pace and pump your arms.
- **Hill walking:** After walking on flat ground at a moderate pace for 5 to 10 minutes, walk up a hill at a steady pace. Then walk down the hill and back up again.
- **Interval training:** Start with a warm-up by walking at a light pace for 5 to 10 minutes. Next, walk as quickly as you can for 20 seconds. Then walk at a normal pace for 40 to 60 seconds. Continue to switch back and forth between a fast and a normal speed.





## No More Excuses!

Many people make excuses for not exercising. But there's a way to argue against every common excuse:

- **“I don't have enough time to exercise.”** Fit exercise into your regular activities:
  - Walk 5 to 10 minutes throughout the entire day, not all at once.
  - Drive less and walk more. Park your car at the far edge of the parking lot.
  - Replace some kind of weekly entertainment with a physical activity. For instance, instead of going to a movie with friends, go bike riding.
- **“Exercise is boring.”** Find something you enjoy doing—anything that gets you moving.
- **“I'm worried how I'll look at the gym.”** Exercise alone at home with a DVD or game system video. Think about how you'll improve and look better over time.
- **“I'm too tired when I get home from work.”** Bring your workout gear with you so you don't go home after work, or have your gear ready to go when you walk in the door. Also try exercising earlier in the day.
- **“I'm too lazy!”** Exercise at the time of day you feel most energetic. Plan a schedule and stick to it. Start with a short walk. Ask others to support you.





## Guidelines for Stretching

- Don't stretch your muscles when they're cold. Walk at a light pace for 5 or 10 minutes before doing your warm-up stretch. Then stretch again after you exercise.
- Stretch all of your major muscle groups, not just your legs. Also, be sure to stretch both sides of your body.
- Don't bounce when you stretch. Instead, hold the stretch for approximately 30 seconds. Repeat each stretch three or four times.
- Don't stretch to the point that you hurt. You should feel tension, not pain.
- Add movement to your stretching. For instance, reach up or out with your arms while stretching your legs. Think of the movements used in yoga and the martial arts.

## Play It Safe!

Exercise is a *must* for good health, but be sure to exercise safely. Warm up first to loosen your muscles before you put them to work. And stretch before exercising to reduce the chance of injury.

After your activity, make sure to give your muscles time to cool down and relax.

## Benefits of Exercise

Most people who exercise regularly say they couldn't get along without it! Scientists have found that the body releases special chemicals during exercise. Those chemicals, called *endorphins*, create a sense of



well-being and reduce feelings of stress.

Exercise has other benefits, too. It helps you maintain your proper weight by burning **calories**. The following chart

shows how much exercise you have to do to burn off the calories in a couple of popular foods. The numbers in the chart are for someone who weighs 150 pounds.

**Calorie**  
 A unit measuring how much energy is used.

***Burning Off the Calories***

This Food . . .	Has This Many Calories . . .	Takes This Much Exercise to Burn Off . . .		
		Minutes of Walking (4 miles per hour)	Minutes of High-Impact Aerobics	Minutes of Running (5.2 miles per hour)
Quarter-pound cheeseburger with bun	552	103	66	51
Chocolate chip muffin	364	67	44	34
One slice of pizza, meat and veggies, thick crust	233	43	28	22

People use calories at different rates, depending on how much they weigh. If you weigh 75 pounds, you will use half as many calories as a 150-pound person doing the same exercise for the same amount of time.

Figure out how many calories you burn doing different activities by using the “Calorie Calculator” at this Web site: [www.healthdiscovery.net/links/calculators/calorie\\_calculator.htm](http://www.healthdiscovery.net/links/calculators/calorie_calculator.htm).



And find out how many calories are in your favorite foods at MyFood-a-pedia: [www.myfoodapedia.gov](http://www.myfoodapedia.gov). This Web site is maintained by the US Department of Agriculture (USDA).

**[FACT]**

**Calories Burned Per Hour by Different Activities**

Activity (1 hour)	Calories Burned by Someone Weighing (in pounds):				
	130	155	180	205	240
Aerobics (low impact)	295	352	409	465	545
Ballroom dancing (slow)	177	211	245	279	327
Basketball game (competitive)	472	563	654	745	872
Bicycling (less than 10 miles per hour)	236	281	327	372	436
Football (flag or touch)	472	563	654	745	872
Hiking (cross-country)	354	422	490	558	654
Ice skating (average speed)	413	493	572	651	763
Martial arts	590	704	817	931	1,090
Rollerblading/Inline skating	708	844	981	1117	1,363
Rowing machine (moderate pace)	413	493	572	651	763
Running (5 miles per hour)	472	563	654	745	872
Skiing (cross-country)	413	493	572	651	763
Softball or baseball	295	352	409	465	545
Swimming laps (slow)	413	493	572	651	763
Walking slowly (2 miles per hour)	148	176	204	233	273
Walking quickly (3.5 miles per hour)	224	267	311	354	414
Weightlifting (light workout)	177	211	245	279	327