Name:

Date:

School:

Facilitator:

3.08 My Fitness and Case Study

Total Points: 32

# Part 1: My Body Measurement

**The Height-Weight Tables and the BMI calculator are two different methods to measure fitness. They are not perfect but they each give an indication of healthy living. Use these two resources linked on the Task page to answer the questions.**

1. Using the BMI Calculator, record you BMI.
2. Which BMI category do you fall into? (Underweight, Normal weight, Overweight, Obese)
3. If you are not in the normal range, play with the calculator and see how tall you would have to be to fall into the Normal BMI range at your current weight.
4. Do you think this BMI category adequately describes your current state of wellness? Explain why or why not.
5. Using the Height-Weight Table, which category do you fall into on that measurement tool?

# Part 2: My Activity

**In the Learn section, you learned about exercise and you assessed if you were active enough based on exercise guidelines. Use your notes from this activity to answer the following questions.**

1. What did you determine about your physical activity level in the “Are You Active Enough?” activity in the Learn? Do you need to make any changes to your exercise routine? If so, what are they?
2. How likely is it that you will make these changes? Be honest about barriers and concerns, as there are no right or wrong answers here!
3. List at least three physical activities and/or sports that appeal to you that you could do to increase your activity level.

# Part 3: Case Study

**Read the following case study and use your knowledge of nutrition, exercise, and healthy body image to answer the questions.**

## ****Kayla’s Life****

Kayla is 16 years old and in the 10th grade. She is the oldest of 3 children in a single-parent home. She does not like team sports, but she does dance. She is on the dance team at school and takes three classes a week at the dance academy in the next town.

She starts her day rushing to get ready for school because she oversleeps most days. She grabs a Pop-Tart or a frozen sausage biscuit warmed in the microwave for breakfast while rushing out the door.

For lunch, she eats the school lunch even though it tastes bad and looks worse. She usually only eats half of it. Kayla usually grabs some crackers or chips from the vending machine after school on her way to dance team practice.

Dance team practice lasts for 2 hours 3 times a week.

Dinner is usually a fast food meal that she gets from the drive-thru on her way to dance class. Her dance classes last 1 hour on Monday, Wednesday, and Thursday.

Kayla gets home around 8 o’clock every night and she is exhausted. Sometimes she will snack on leftovers or cookies while she cleans up the kitchen for her mom.

At 9 pm, she can start her homework. Kayla goes to bed about 11 o’clock if she can stay up that long. If she ever has any free time after doing her homework, she eats a lot of ice cream or pizza to relieve her stress.

Kayla is 5’6” and weighs 115 pounds. She wants to weigh 100-105 pounds because she thinks that will make her look better and maybe she can get a boyfriend. Although the Height-Weight Tables say she should be 125-135 pounds, Kayla knows the girls in her school are judged by their weight.

## Analysis Questions

1. According to what you have learned in this class, name at least five things Kayla is doing **wrong**.
	1.
	2.
	3.
	4.
	5.
2. Name what Kayla can do to fix these bad habits or unhealthy practices.
3. Name three healthier ways to relieve Kayla’s stress.
	1.
	2.
	3.
4. Does Kayla have a positive body image?
5. Have you ever found yourself in a situation like this with too many commitments and too little time? Name some ways you can prepare for a life situation like this or change what you are doing right now.