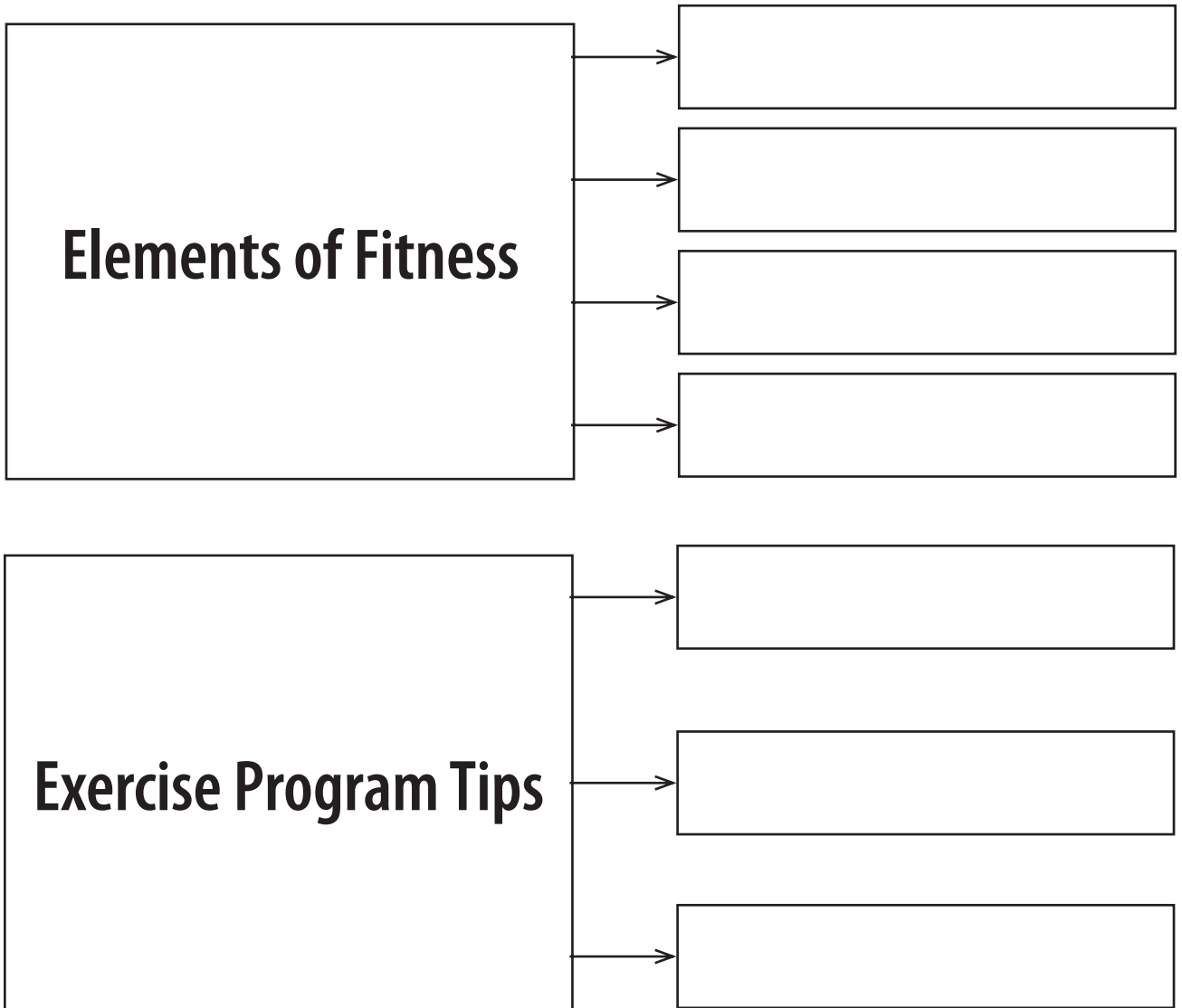


Section 14.1 Staying Healthy and Fit

Your Health

Directions As you read, record four elements of fitness and three exercise program tips. Use a graphic organizer like the one below to organize your information.



Your Health

Directions As you read, record four risks related to tobacco. Use a graphic organizer like the one below to organize your information.

