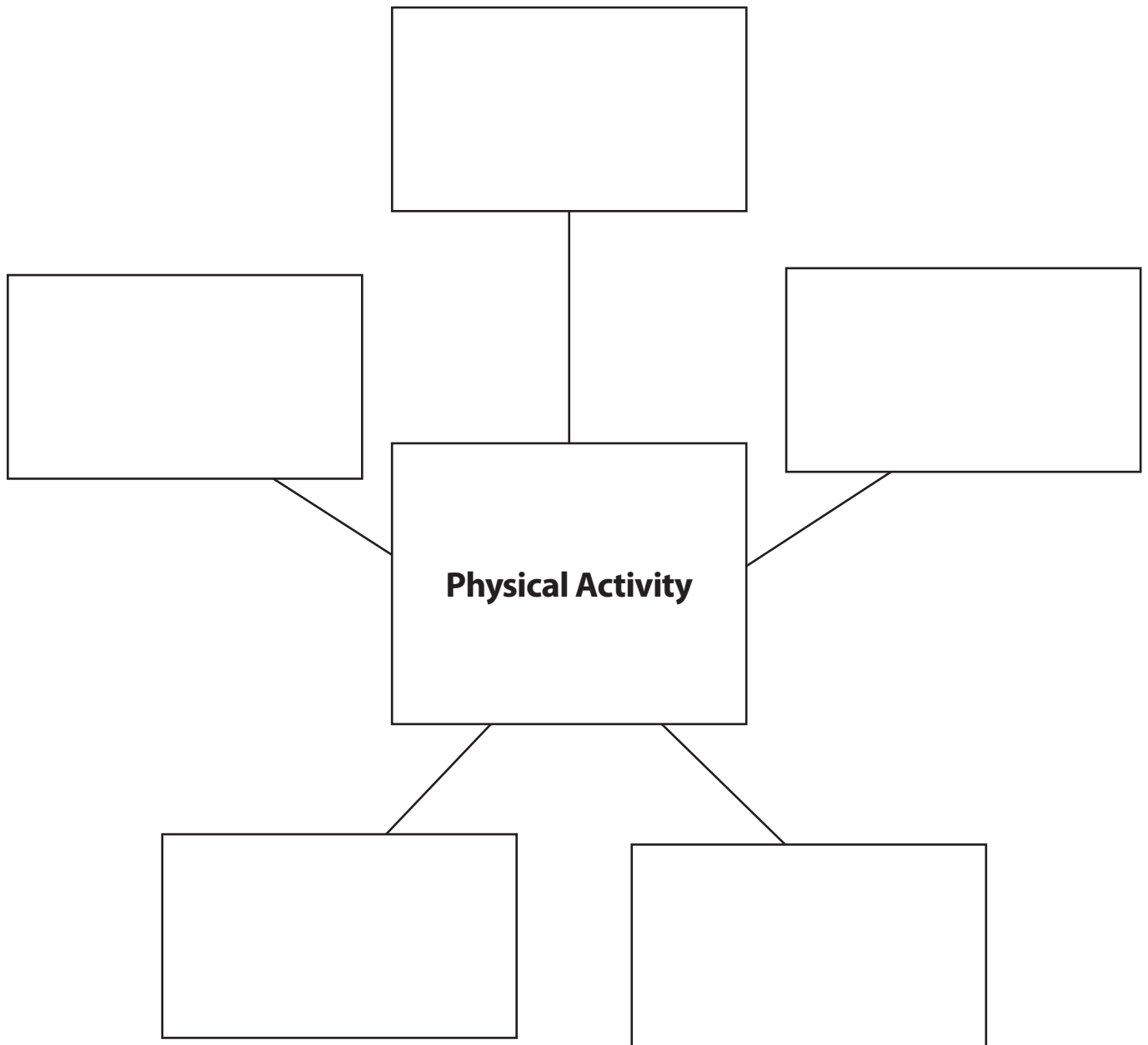


# Chapter 20 Health and Fitness

## Section 20.1 Physical Activity

**Directions:** Identify five ways physical activity affects your body and your weight.



# Chapter 20 Health and Fitness

## Section 20.2 Body Weight and Health

**Directions:** Identify the three most common eating disorders.

