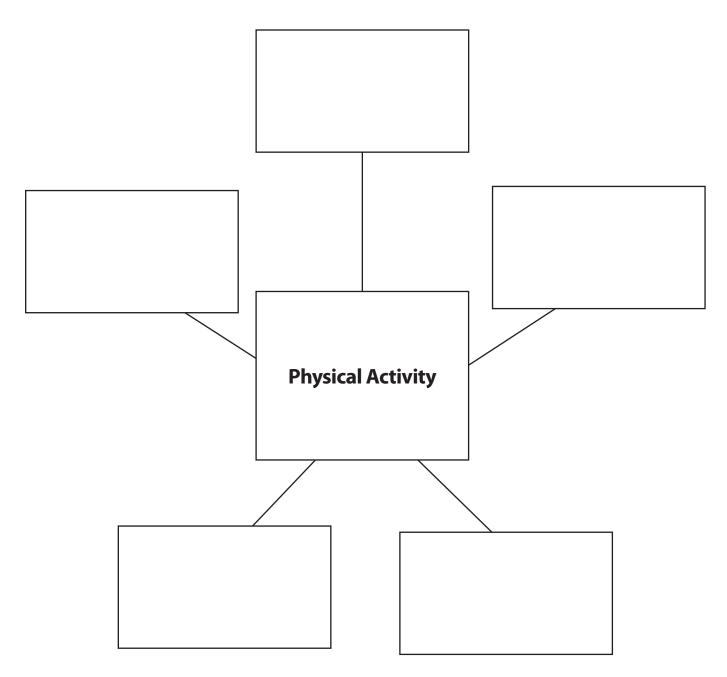
Chapter 20 Health and Fitness

Section 20.1

Physical Activity

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



Copyright © by The McGraw-Hill Companies, Inc. All rights reserved.

Chapter 20 Health and Fitness

Section 20.2 Body Weight and Health

Directions: Identify the three most common eating disorders.

