

# Activity 112

## Making Changes

**Directions:** Read the story of Rafael, and fill in each blank with the word or phrase from the box that best completes each sentence.

aerobic exercise

fad diet

fitness

obesity

stamina

1. Rafael is 13 years old. He has been feeling tired and unwell. Recently he visited his doctor for a checkup. She showed him a weight chart and explained that a boy of his age and size should weigh about 115 lbs. Since Rafael's weight is 145 lbs., he is seriously overweight. He has a health problem known as  
\_\_\_\_\_.
2. Rafael has decided to take action. A friend has told him about a new diet that will help him lose 5 lb. a week for 6 weeks. Rafael will eat only grapefruit and hard-cooked eggs and must drink 10 glasses of water each day. He has great hopes for success with this  
\_\_\_\_\_.
3. After a week of feeling miserable, Rafael has lost 4 lbs. He knows that he cannot stay on this diet. After he goes back to his normal eating habits, he soon gains the weight back. Rafael decides to follow the advice of his doctor and plan a balanced diet of nutrient-dense foods. He has also started swimming for half an hour each day and he plans to begin walking, too. After 2 weeks Rafael can see results from his efforts because he has discovered the value of a sensible diet and  
\_\_\_\_\_.
4. As a result of watching what he eats and getting more exercise, Rafael has started to feel better. He can, for example, walk farther and faster without getting tired. He has increased his staying power, which is also called  
\_\_\_\_\_.
5. At last! Rafael can handle day-to-day life in a healthful way. His energy level is high, and he feels great about himself. Getting in shape has taken time, but he knows it has been worth the effort. Rafael has achieved  
\_\_\_\_\_.