

- Reaction time: allows you to use information from all your senses and make fast decisions about how and where to move your body.
- Macronutrients give your body important calories for energy, as well as building blocks for building and maintaining cells.
- Proteins provide the amino acids necessary to build and repair muscle tissue and contribute to the growth of your hair, skin, and nails.
- Carbohydrates provide an important source of energy for the body. The excess calories from carbohydrates, proteins, or fats will all be stored as body fat. Three main types of carbohydrates; Starch, sugar, fiber.
- Fat provides twice the energy per gram as proteins and carbohydrates. The two main types of fat are saturated fats (unhealthy) and unsaturated fats (healthy)
- Vitamins help your body absorb important nutrients. The two main groups of vitamins are water-soluble vitamins and fat-soluble vitamins.
- Minerals help build body tissue and regulate body processes involving hormones, enzymes, nerve impulses transmission, and muscle contractions.

Module 3

- Regular moderate to vigorous cardio each week reduces risk of heart conditions by 30%, breast cancer by 18% and type 2 diabetes by 58%
- Physically active teens earn 40% higher test scores, are 15% more likely to go to college, earn 7 to 8% more money through life.
- Cardiorespiratory improves heart and lung health, increases circulation, works muscles, improves bone density and maintains and improves body composition. Ex, brisk walking, jogging, running, cycling, kayaking, tennis, volleyball, basketball, dancing, jumping rope, aerobics, kick boxing, Zumba, etc.
- Muscle strengthening benefits increase as you get older, reduces signs and symptoms of diseases such as arthritis, diabetes, back pain, osteoporosis. Ex, push-ups, sit-ups, pull-ups, cheer, gymnastics, etc.
- Bone strengthening will help guard against the loss of bone density and protect against osteoporosis as you age. Ex, jumping rope, jumping, running, basketball, gymnastics, karate, field hockey, martial arts, volleyball, lacrosse, etc.
- Drugs and alcohol risks; impaired ability to think clearly, risk of injury or death from driving under the influence, liver damage and increased risk of cancer
- Smoking risks; lung disease, cancer, risk of addiction, decreased aerobic capacity and physical performance
- Sexual activity risks; HIV and sexually transmitted diseases, pregnancy
- Obesity risks; type 2 diabetes, high blood pressure, sleep apnea, heart disease, stroke
- Skipping health screenings risk; risk of cavities, tooth decay, and bone loss, heart disease, cancer, identifiable diseases not caught early when possible.
- Types of advertising strategies; bandwagon, glittering generalities, plain folks, scientific evidence, testimonials, flattery, snob appeal, special offer, urgency, and transference.
- Bandwagon: try to get you to do or buy something because others are doing it
- Glittering Generalities: Use phrases with appealing suggestions or generalization but may not tell you many specifics.
- Plain Folks: Imply that the product is trustworthy because it is for a normal, everyday person.
- Scientific Evidence: Use scientific evidence, or the insinuation of science, to show the product's effectiveness.
- Testimonials: Uses success stories from customers or celebrity endorsements to persuade you to buy it.