

How does my health relate to my job?



# Chapter 21

## Good Health and Job Success

### Chapter Objectives

After studying this chapter, you will be able to

- **incorporate** enough activity in each day to maintain fitness.
- **list** guidelines for choosing foods that will provide a balanced diet.
- **determine** ways to handle stress.
- **explain** why people should avoid smoking.
- **describe** the negative effects of abusing alcohol and drugs.

### Key Concepts

- Eating a balanced diet and exercising regularly is the foundation of good health.
- Managing stress prepares you for handling changes in your life.
- Smoking is a risky habit that yields no positive benefits.
- Using drugs illegally harms your body, your relationships, and your work.

### Key Terms

*physical fitness*  
*balanced diet*  
*nutrient*  
*stress*  
*drug*  
*drug abuse*  
*addiction*  
*drug screening*

## Staying Healthy

Maintaining your health is important to all areas of your life. If you are not in good health, you cannot do your best in school. You may not be able to fulfill your family responsibilities. Poor health can also affect your attendance and performance at work. Start caring about your eating and lifestyle habits while you are young. How you treat your body now will impact your health later. There are many ways to enjoy food and promote good health at the same time.

The *Dietary Guidelines for Americans* is a general guide to promoting good health. The U.S. Department of Agriculture and Department of Health and Human Services developed the plan. The *Guidelines* help children and adults make personal choices to achieve and maintain good health. See 21-1.



### Your Reading

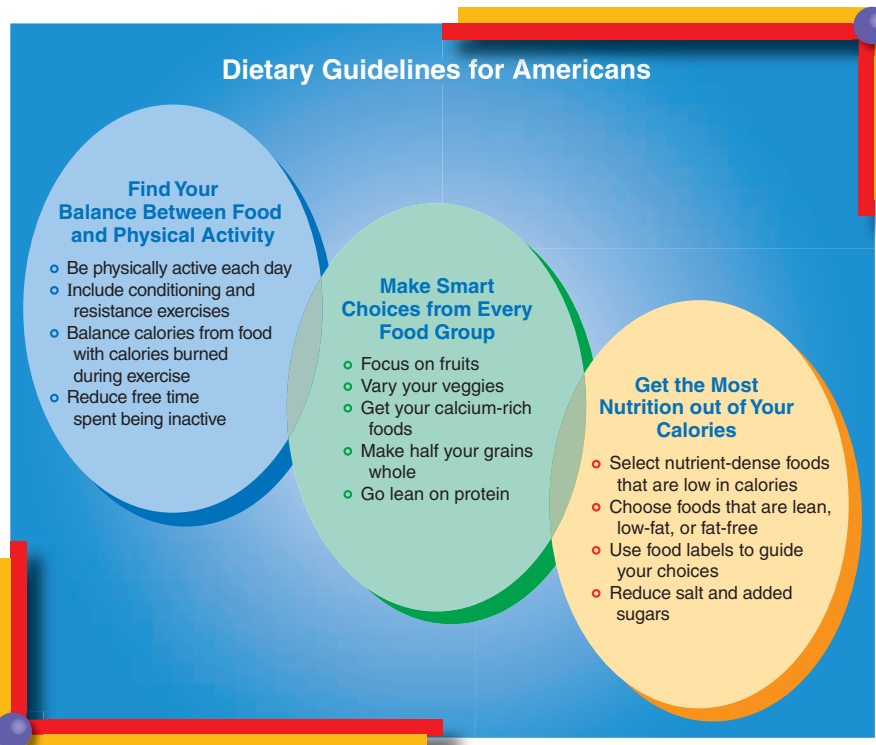
Why is it important to maintain good health?

## Balance Food and Physical Activity

Being healthy isn't just about eating the right foods. It also involves physical activity. Regular physical activity is necessary for your overall health and fitness. It also helps you control your body weight by balancing your calorie intake

### 21-1

The Dietary Guidelines for Americans include these basic steps to good health.



with the calories your body uses. Physical fitness is your goal. **Physical fitness** is the ability to perform daily tasks easily with enough reserve energy to respond to unexpected demands. Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises for muscle strength.

The best way to promote physical fitness is to incorporate activity into each day as much as possible. You don't need to set aside a special block of time to exercise. Simply accumulate at least 60 minutes of moderate activity throughout the day on most days of the week. Longer periods of activity or more-vigorous activities are even better.

If possible, ride a bike to school instead of taking a bus. Use stairs instead of escalators or elevators. These are two easy activities you might be able to do. On the other hand, if you prefer to schedule a specific time of day for an exercise workout, then do that. The objective is to get the activity you need to maintain good health.

Before any vigorous activity, be sure to begin with warm-up exercises to help prevent strains and pulled muscles. A good warm-up prepares your muscles and joints for the strenuous motions to follow. Many coaches and trainers recommend at least 10 minutes of warm-up exercises.

Brisk activity provides good conditioning for your heart and lungs. Walking, running, swimming, rowing, jumping rope, bicycling, playing tennis, and skiing are more-intense forms of exercise. Team sports like basketball, soccer, and hockey are also good. You may want to try several activities.

Joining a health or tennis club, local park district program, the YMCA, or the YWCA are good ways to get exercise. You should start any new exercise program slowly and build it gradually. As the activity becomes easier, you can do a little more. Don't try to do too much on your first or second try. You may overdo it and get sore muscles. Then you might lose your desire to continue. A word of caution: it is wise to consult a physician before beginning a strenuous exercise program.

**physical fitness**

The ability to easily perform daily tasks with enough reserve energy to respond to unexpected demands.



## Your Reading

What kinds of physical activity are needed for good health?

## Make Smart Food Choices

### balanced diet

An intake of food that supplies the body all the necessary nutrients in the needed amounts to maintain good health.

### nutrient

A chemical substance in food that nourishes the body.

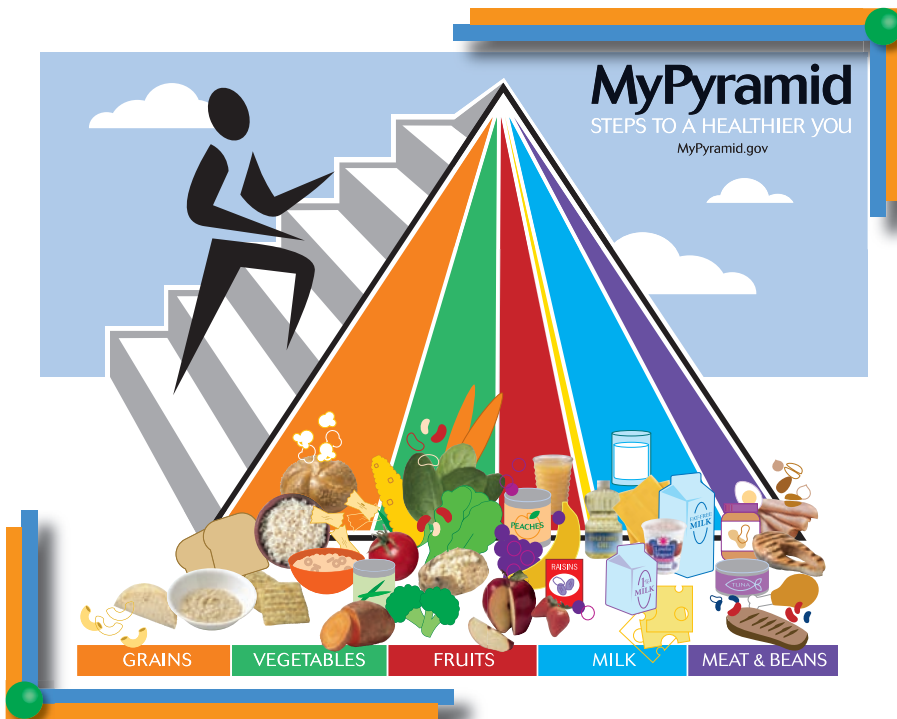
A good way to maintain a healthy body is to eat a balanced diet. A **balanced diet** is an intake of food that supplies all the nutrients in the needed amounts to maintain good health. **Nutrients** are chemical substances in foods that nourish the body. To create a balanced diet, you must choose the foods you eat with care. Eating foods that are good for you helps you feel good. That is why some people say, “You are what you eat.” A balanced diet also helps you avoid obesity, diabetes, heart disease, and many other health problems.

No single food provides all the needed nutrients. Eating a wide variety of foods is the best way to obtain all the nutrients required for good health. Using MyPyramid can help you recognize your food choices. MyPyramid is an individualized food guidance system developed by the U.S. Department of Agriculture. It divides foods into groups according to the nutrients they provide. Simply go to **MyPyramid.gov** and enter your age, gender, and activity level. You can learn how to plan a healthful diet around your food preferences. See 21-2.

Eat plenty of whole grains, vegetables, and fruits. These are high in fiber and nutrients. They also tend to be low in fat and calories. You lose weight if you eat fewer calories than you

### 21-2

Eating foods from all the groups in MyPyramid in the right amounts gives you the nutrients you need daily.



use. You maintain your weight when the number of calories you eat equals the number of calories you use.

Choose a diet low in saturated fat and cholesterol, and moderate in total fat. No more than 20 to 35 percent of calories in your diet should come from fat. Fried or greasy food, butter, margarine, oils, salad dressing, and lunchmeat are common fat sources. Too much of the wrong kinds of fat in the diet is linked to health problems. Moderate amounts of olive oil and the fats in fish, avocados, nuts, and seeds are needed for good health.

Sugars and other sweets contribute many calories and few nutrients. Use sugars, salt, and sodium in moderation. Too much sodium has been linked to high blood pressure in some people. Many processed foods contain large amounts of salt.

Keep foods safe to eat by cleaning hands and work surfaces often. Always keep hot foods hot and cold foods cold. Keep raw, cooked, and ready-to-eat foods separate while shopping, preparing, and storing. When in doubt, throw it out instead of taking a chance on spoiled food.

A varied diet coupled with regular activity will help you maintain a healthy weight. Try to avoid eating too much of any one item. Bad habits are easy to form and hard to break.

Children and adolescents should not drink alcoholic beverages. Poor nutrition can result if alcohol replaces foods in the diet. Also, alcohol consumption is a major cause of accidents among teens.

## Learn to Handle Stress

You face various types of stress every day. **Stress** is a feeling of tension, strain, or pressure. It is usually the result of some change. Stress can affect both the body and the mind. See 21-3.

Both good and bad changes create stress. Getting a new job causes stress; so does losing a job. Making the basketball team causes stress; so does an injury or illness. Dating someone new causes stress; so does ending a relationship.

Both big and little pressures create stress. Big worries, like money problems, drug abuse, divorce, and the death of a loved one, can cause extreme stress. Homework, tests, and deadlines can cause stress, too.



## Making a Difference

The first step in making smart food choices is having access to healthy foods. Organize a classroom food drive. Collect nonperishable canned and packaged goods, aiming for a wide variety. Organize the food into separate bags, making sure each bag contains a healthful assortment. Deliver the bags to a local shelter or food pantry.



## Your Reading

How can MyPyramid help you make smart food choices?

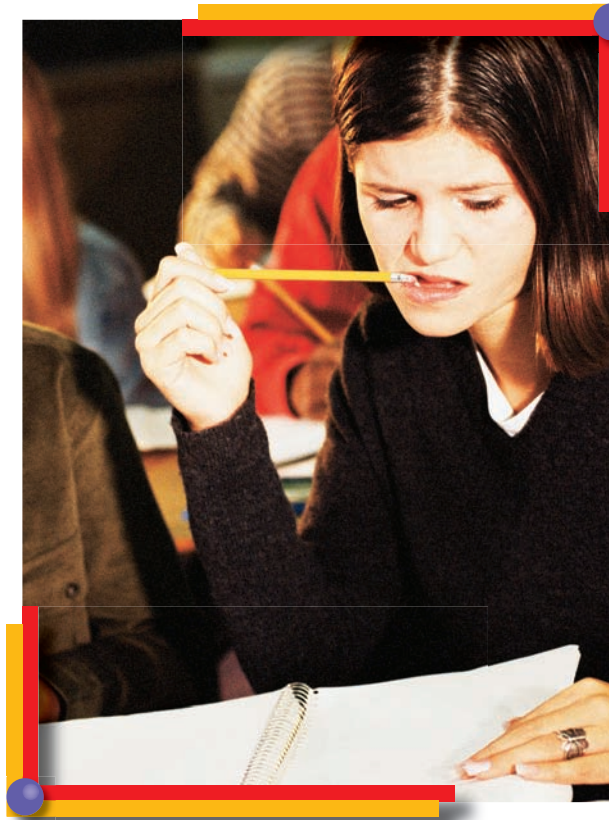
### stress

A feeling of tension, strain, or pressure.



**21-3**

A person's body language can show signs of stress.



Some stress is good for you. It makes life interesting and exciting. It keeps you on your toes. It challenges you to react to new situations.

On the other hand, trying to handle too much stress repeatedly can be harmful. Severe stress can affect your behavior. You may not be able to concentrate on your work. You may feel frustrated. You may become rude to people. Too much stress can also harm your health. It can affect the development of ulcers, heart problems, and strokes.

Since you cannot avoid stress in your life, you need to learn how to handle it. The following tips on managing stress often help:

Practice good eating and sleeping habits. Avoid eating too many high-calorie snacks. Eat balanced meals. Get plenty of rest. Most students your age need eight or nine hours of sleep every night. These habits will help keep you healthy and more able to handle stress.

Use physical activity to relieve stress. Let off steam by working out, playing a sport, or pursuing other forms of exercise. See 21-4.

**21-4**

Team sports are a fun way to exercise your body and relax your mind.

Talk about your problems. Choose to talk to people you trust and respect. They may be able to help you see your problems from a different view. Sometimes professionals, such as psychologists, clergy, and counselors, can offer great help.

Maintain a positive attitude. Keep away from complainers. Surround yourself with positive-thinking people who feel good about themselves. Develop a “can do” philosophy. Set realistic goals and objectives. Then go after them.

Manage your time. Control your time by setting priorities. Develop a to-do list for each day and stick to it.

Keep a balance between work and family responsibilities. When you are with your family, spend quality time together. At work, take advantage of flexible work schedules, if available.

Develop a positive work ethic and outlook on life. Associate with others who share your beliefs and values. Seek out those who find similar meaning for their lives and encourage their friendship.



## Community Connections

Some jobs cause more stress than others. Research the 10 most-stressful occupations in the United States. Prepare a presentation on why stress levels are higher in these careers. Where in your community do these high-stress occupations exist? Conduct your presentation for the class.



## Your Reading

What are the causes and possible effects of harmful stress?

Learn to manage multiple roles, especially if you are responsible for caring for younger siblings or aging parents and relatives. Avoid overextending yourself by carefully planning how to use your time and energy. Communicate with other family members if you need help.

## Ways to Relax

A good way to reduce stress is to relax. When you are relaxed, you feel at peace with yourself and the rest of the world. You feel renewed and regain strength. It is important that you reserve some time for total relaxation.

There are many ways to relax. Like exercise, you have to find the ways that suit you best. Consider the following possibilities:

Read something inspiring, entertaining, or informative.

Play a game of chess, checkers, or cards.

Listen to music.

Spend time alone to think about your goals and life plans.

Talk with someone about a topic of mutual interest.

See a movie, play, concert, or television program.

Attend a lecture or social function.

The type of work you do may determine the relaxation that's best for you. If you read all day at school and work, you may want to rest your eyes while listening to music. No matter how you choose to relax, do so whenever you feel the need. Give your body and your mind some time to reduce the everyday stresses of life.

## Avoid Tobacco Use

When it comes to tobacco use, there isn't much good to say about it. At best, it is a bad habit. At worst, it is a killer. The Surgeon General has warned that cigarette smoking is dangerous to your health. Smoking causes lung cancer, heart disease, and emphysema, and may complicate pregnancy. See 21-5. Smokeless tobacco—chewing tobacco and snuff—can cause oral cancer, gum disease, and other



Surgeon General's Warning: Cigarette smoke contains carbon monoxide.

Surgeon General's Warning: Quitting smoking now greatly reduces serious risks to your health.

Surgeon General's Warning: Smoking causes lung cancer, heart disease, emphysema, and may complicate pregnancy.

Surgeon General's Warning: Smoking by pregnant women may result in fetal injury, premature birth, and low birth weight.

**21-5**

All cigarette packages and ads must display warnings that underscore the health hazards associated with smoking.

health problems. Besides the health issues, there are many reasons why tobacco users should quit.

Smoking is an expensive habit. Heavy smokers spend hundreds of dollars every year on cigarettes.

Smokers' clothes often carry a smoke odor.

Tobacco use causes bad breath and discolored teeth.

Tobacco use dulls the senses of smell and taste.

Smokers are fire hazards. The National Fire Protection Association reports that smoking is a major cause of fatal residential fires.

In most states, it is illegal for persons under a certain age to purchase and use tobacco products.

Old views of smoking as something glamorous, worldly, and "cool" have been shattered. Yellowed teeth and diseased lungs are the mental images now linked to smoking.

Smokers are finding it more difficult to comply with the increasing strictness of nonsmoking policies in the workplace. Some employers allow smoking only in a designated smoking room for limited periods. In many workplaces, however, cigarette smoking is banned completely. See 21-6.

Smoke-free workplaces protect all workers from exposure to secondhand smoke. *Secondhand smoke* is a mixture of smoke exhaled by a smoker and emitted from the burning tip

**21-6**

Workers tend to be more productive in a tobacco-free environment.



## Community Connections

Many state and local governments require smoke-free workplaces. Research the policies that apply to workplaces in your community. Then, survey area employers to find the answers to these questions: Is smoking allowed anywhere on company premises? If smoking is allowed, does the company have any plans to issue a smoking ban? Does the company pay for tobacco cessation programs for its employees? Share your findings with the class.

of a cigarette, cigar, or pipe. It contains many chemicals that cause cancer, heart disease, and other health problems. When you are exposed to secondhand smoke, your body absorbs these toxic chemicals. There is no safe level of exposure—your body's heart and circulation is affected immediately.

According to the Surgeon General, most cases of secondhand smoke occur in homes and workplaces. Smoke-free workplaces promote the health and productivity of all employees. They usually help smokers to cut back or quit smoking.

## How to Quit Smoking

There are many ways to quit smoking. People who smoke must choose the methods that work best for them. The first step is to decide they truly want to quit. Smokers must have the desire and the will to quit. The methods described in the following paragraphs have helped millions of smokers quit. Similar methods can help users of smokeless tobacco, too.

One way to quit smoking is known as *cold turkey*. With this method, smokers make the decision to stop smoking at a specific time. Then they do it. They never again smoke another cigarette. This method takes willpower and determination. It's tough, but it works.

Another way many people quit smoking is by gradually reducing the number of cigarettes they smoke. They may start with 20 cigarettes a day. They may cut down to 15, then 10, then five, then three, then two, then one, and finally none!

People who want to quit smoking may find that chewing gum or candy can help. Whenever they have the urge to smoke, they can replace the cigarette with chewing gum or candy. There also are commercial products available to help those who want to quit smoking.

Individual or group therapy is another option. Therapy can provide the professional support that people need. If you smoke, you may want to talk with your doctor about the best way for you to stop.

## Avoid Drug Use

A **drug** is any chemical substance that brings about physical, emotional, or mental changes in people. **Drug abuse** is a term used to describe the reckless use of drugs. It means using a drug in a way that can damage a person's health or ability to function. No workplace permits drug use among employees.

Drugs such as marijuana, heroin, cocaine, crack, Ecstasy, PCP, and LSD are illegal. However, drugs do not have to be illegal to be abused. Drug abuse can easily occur with prescription medications and over-the-counter remedies.

Some athletes abuse performance-enhancing drugs. These drugs are *anabolic steroids*. They mimic the male sex hormone, testosterone, and increase muscle mass and athletic performance. Steroids are illegal if used without a doctor's prescription. They can cause acne, stunted growth, increased aggression, and damage to the kidney, liver, and heart. Males that use steroids may experience breast growth and shrunken testicles. Females may develop more-masculine qualities such as decreased breast size, increased body hair, and deepened voices. The side effects of steroids can be irreversible and lead to life-long health problems.

Different drugs affect the body in different ways. Drugs may have harmful effects on the heart, lungs, brain, and reproductive system. Drugs can dull the senses, alter behavior, impede judgment, and impair driving skills. Drugs can cause dizziness, vomiting, convulsions, coma, and death.



### Your Reading

What are the dangers of secondhand smoke?

#### drug

A chemical substance that brings about physical, emotional, or mental changes in a person.

#### drug abuse

The use of a drug in a way that can damage a person's health or ability to function.

**addiction**

The never-ending obsession to use a drug.



## Your Reading

What are the harmful effects of drug abuse?

Not only do drugs affect the user's body, they also affect the user's relationships. Drug abusers seldom live successful lives. Those who depend on drugs lose interest in school, family, and jobs. They spend most of their conscious time searching for drugs or stealing money to buy more. They usually develop an addiction. An **addiction** is the never-ending obsession to use a drug.

Typical drug abusers have few friends except other drug abusers. Practically all begin their drug habit by simply experimenting, believing they can stay in control. In the end, drugs take over their lives. Eventually every drug abuser learns—the hard way—that drugs can't bring happiness or solutions to problems. Drugs only cause more problems.

## Avoid Alcohol Use

Most people do not associate alcohol with drugs. They should. Alcohol is a drug. It can alter your behavior and damage your health. Alcohol abuse can ruin personal relationships. It can lead to health problems such as brain damage, cirrhosis of the liver, and heart failure. It can also cause economic and legal problems. It is illegal for teens to buy alcohol. By avoiding alcohol, you can protect your health and legal status.

Are you aware that alcohol-related car accidents are the number one cause of death among teenagers? Here's why: alcohol moves quickly into the bloodstream and to the brain. When this happens, the person's vision, muscle coordination, and reaction time are impaired. Drinkers usually feel more powerful and in control. In reality, their body functions are slowed down. They have less control.

Just one drink can affect a driver's performance. The message is clear. Drinkers shouldn't drive, and anyone planning to drive shouldn't drink. If you plan on drinking at a party or event, you should also plan to have a designated driver. A designated driver is someone who agrees not to drink and will drive others home safely. Be responsible.

## Alcohol and Other Drug Problems at Work

Practically all employers will require you to take a drug test before they hire you. This is called **drug screening**. Drug screening tests can reveal the presence of drugs in a person's body. During the workday, some employers periodically test their employees *randomly*. This means a small percentage of workers are selected, without warning, to take an immediate drug test.

Drug screening is one way for employers to reduce problems at work. Employee problems due to alcohol and drugs cost businesses billions of dollars each year. Many companies have policies that deal with alcohol and drug abuse on the job. See 21-7. Disciplinary action is taken against employees who are found intoxicated while on duty or who illegally use or possess drugs. In some cases, use of alcohol or drugs on the job is grounds for immediate dismissal.

### drug screening

Tests that can reveal the presence of drugs in a person's body.



### 21-7

Workers who operate tools or machinery can't afford to have their motor skills impaired by alcohol.



Alcohol and drug abuse on the job contribute to the following problems:

- poor quality control
- more safety risks
- increased absenteeism and lateness
- more health risks
- poor relationships among coworkers
- increased risk of internal theft (to pay for drug or alcohol addiction)

Abusing drugs or alcohol outside work can also jeopardize your employment status. Workers are closely regulated if they drive company cars or work in the transportation industry, including trucking, aviation, railroad, and shipping. If an off-duty worker gets a *driving under the influence (DUI)* or *driving while intoxicated (DWI)* ticket, the employer can require more testing. Employers may prevent such a worker from returning to the job until a clean drug test is achieved. If you are charged with a DUI or DWI, it appears on a criminal record, which may affect your future employment opportunities.



## Community Connections

Your school may provide resources for students with alcohol and drug abuse problems. Invite a counselor to your classroom to discuss substance abuse treatment programs. Ask the counselor to explain how to refer a classmate to a treatment program. Talk about ways to show support to a friend in treatment.

## Where to Get Help

Many organizations are available to help people who have alcohol or drug problems. These organizations can provide information, counseling, and treatment. If you or someone you know needs assistance, contact help immediately. Turn to the yellow pages of your phone book. Look under *Alcoholism Information and Treatment Centers*. Help may also be listed under *Drug Abuse and Addiction—Information and Treatment*.

People who need information or help can also turn to family members and friends. School nurses, counselors, teachers, coaches, and religious leaders may be able to suggest sources of help. Employee assistance programs are often available in workplaces. Also, community agencies, religious organizations, and hospitals may offer helpful programs. Remember this important point: when someone with a problem is ready to face it, immediate action should be taken. See 21-8.



## Your Reading

What resources are available for people with substance abuse problems?

## Substance Abuse Treatment Programs

### Assessment

Upon admission to a treatment facility, this process evaluates the patient's addiction and recommends an appropriate treatment program.

### Detoxification

This process is designed to safely withdraw patients from addictive substances as an initial step in breaking their dependence on the substances.

### Inpatient Care

In this program, patients become residents of the treatment facility to help them begin their recovery in a protected environment. Food, lodging, and 24-hour nursing care are provided in addition to the treatments included in outpatient programs. This program is often recommended for patients who are unable to abstain from substance use without constant supervision or whose health has been weakened by their addiction.

### Outpatient Care

In this program, patients visit the treatment facility for group therapy, individual counseling, and education exercises. Friends and family members may be encouraged to participate in some activities with patients. This program is often recommended for patients able to abstain from the use of substances without constant supervision. Patients who begin treatment on an inpatient basis may continue on an outpatient basis once their condition has stabilized.

### Family Support Programs

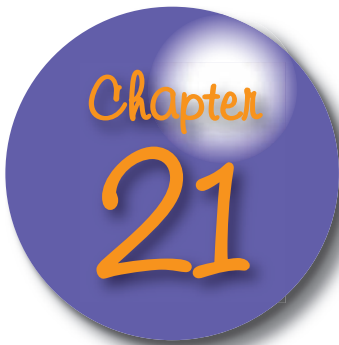
These programs educate family members of addicted persons about addiction and its impact on the family. The programs allow family members to share experiences with other families in the same situation.

### Aftercare

Aftercare programs provide continued support through group therapy and individual counseling sessions to help patients remain free of addiction. Programs also provide support for friends and family members.

### 21-8

Many types of treatment programs are available to help individuals and families affected by drug addiction.

A circular graphic with a purple background and a white glow effect. The word "Chapter" is written in a light blue, sans-serif font at the top. Below it, the number "21" is written in a large, bold, orange font with a slight shadow.

## Summary

Health is an important factor in all aspects of your life. Feeling well allows you to live your life to its fullest. When you are physically fit, you can perform well at school and work. You also have enough energy to enjoy your leisure time.

Regular activity and a balanced diet are two keys to good health. They give your body what it needs to function well.

Stress is a part of life. To maintain good health, you must learn to handle stress. Finding ways to relax will help.

Good health depends on what you do as well as what you don't do. It is important to avoid smoke and using alcohol and other drugs. If you have any problems in these areas, make an effort to solve them. Many sources of help are available.

## Reviewing Key Concepts

1. How much physical activity is recommended for good health?
2. Why should you warm up before vigorous exercise?
3. Why is it important to eat a variety of foods?
4. True or false. You lose weight if you eat more calories than you use.
5. Which of the following statements is true?
  - A. Stress can affect both the body and the mind.
  - B. Both good and bad changes create stress.
  - C. Some stress is good for you.
  - D. No stress is good for you.
6. List five ways to handle stress.
7. According to the Surgeon General, how is cigarette smoking dangerous to your health?
8. Describe the *cold turkey* method of quitting smoking.
9. Why should someone who has been drinking avoid driving?
10. List five problems caused by alcohol and drug abuse on the job.

## Building Academic Skills

1. **Health.** Ask your health/physical education teacher for material that explains the exercise abilities and fitness levels appropriate for your age group. Practice the exercises and note any areas where you need improvement. Develop a plan to achieve your optimal fitness level.
2. **Math.** Calculate the cost of smoking for one year and 20 years. Also, calculate the cost of a lifetime of smoking. Determine how many packs of cigarettes the average smoker smokes during these periods. Identify some items you could buy with the money saved from not buying cigarettes.
3. **Science.** Find out how drug-screening tests work. What is the science behind the tests? Are there different types of tests or is one type uniformly used? What is examined and how is the presence of drugs determined? For what drugs are workers tested? Share your findings with the class.
4. **Health.** Invite guest speakers on the topic of how to quit smoking. Speakers can include health experts as well as ex-smokers who can talk about what they did to kick the habit. Consider including visuals of what happens to the lungs of smokers.

## Building Technology Skills

1. Research the number of calories in some of your favorite snack foods. Also research the number of calories burned when walking, biking, climbing stairs, swimming, playing tennis, and so forth. Create a spreadsheet that shows how many minutes of exercise are needed to burn off the calories in your favorite snack foods. Show figures for moderate versus vigorous activity. Based on this analysis, what foods and exercise options would you choose?
2. Conduct online research to determine the adult obesity rate in your state. Create a graph that shows the rise or fall of the obesity rate over the last 10 years. Also, research current trends in health and wellness programs offered by employers. Prepare a slide show presentation on how employers can help fight obesity and promote good health.
3. Conduct online research to determine how companies try to prevent drug and alcohol problems in the workplace. Examine various companies regarding their drug and alcohol policy, the use of drug-screening tests, and the related services provided to employees in need. Compile your findings in a written report.

## Building Career Knowledge and Skills

1. Do further research and write a report on one of the following topics about stress: the causes, the effects, or ways to handle it.
2. Read current news stories about the problems businesses face because employees use alcohol and other drugs. Present your findings in an oral report to the class.
3. Ask a dietitian to talk to your class about choosing foods for a balanced diet. Be prepared to ask questions.
4. For one week, keep a time log that lists periods of moderate and vigorous activity. Determine if you are meeting the recommendations for physical fitness. If not, develop a plan of action to incorporate more activity in your daily routine.
5. Pick a situation or challenge that adds regular or constant stress to your life, such as getting to school on time. Develop a plan to deal with the stress and implement the plan for one week, recording the experiences you encounter. Summarize the steps you could take to limit the stress in your life.
6. Research quick and healthy snack and lunch ideas. Try out at least one new idea and report your experience to the class.
7. Research what employee assistance programs can do for employees. What is the process involved in getting the help needed?

## Building Workplace Skills

Working with your classmates, organize a reference file of community resources to help people who want to quit smoking or stop using alcohol or other drugs. Include the names, addresses, hours, and key contact people of the area organizations with a brief description of their services. Determine the most useful way to organize and distribute the information. Before actually beginning work, report what you understand your part of the assignment to be.