

Learning for Earning

Your Route to Success

Sixth Edition



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PowerPoint Presentations for

Learning for Earning

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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 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.
- People who are not in good health cannot do their best in school or on the job.
- The *Dietary Guidelines for Americans* is a general guide for promoting good health.
- These *Guidelines* apply to both children and adults.

Staying Healthy

Dietary Guidelines for Americans

Find Your Balance Between Food and Physical Activity

- Be physically active each day
- Include conditioning and resistance exercises
- Balance calories from food with calories burned during exercise
- Reduce free time spent being inactive

Make Smart Choices from Every Food Group

- Focus on fruits
- Vary your veggies
- Get your calcium-rich foods
- Make half your grains whole
- Go lean on protein

Get the Most Nutrition out of Your Calories

- Select nutrient-dense foods that are low in calories
- Choose foods that are lean, low-fat, or fat-free
- Use food labels to guide your choices
- Reduce salt and added sugars



Balance Food and Physical Activity

- Being healthy involves two steps:
 - eating the right food
 - staying physically fit
- ***Physical fitness*** – The ability to easily perform daily tasks with enough reserve energy to respond to unexpected demands.



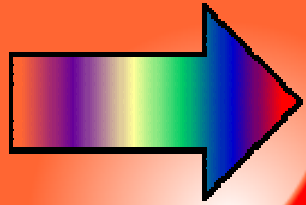
Balance Food and Physical Activity

- On most days of the week, accumulate 60 minutes of moderate activity in a day:
- Longer or more vigorous activities are even better. Try the following:
 - walking
 - running
 - swimming
 - rowing
 - jumping rope
 - bicycling
 - tennis
 - basketball
 - soccer
 - hockey

Balance Food and Physical Activity



- Before vigorous activity, devote at least 10 minutes to warm-up exercises.
- This helps prevent strains and pulled muscles.



In Your Opinion

- ❖ *A familiar saying is "if exercise came in pill form, it would be the world's most prescribed medicine."*
- ❖ *What do you think this means?*
 - ❖ *One interpretation is "people want to enjoy the benefits of exercise without putting in the effort."*

Make Smart Food Choices

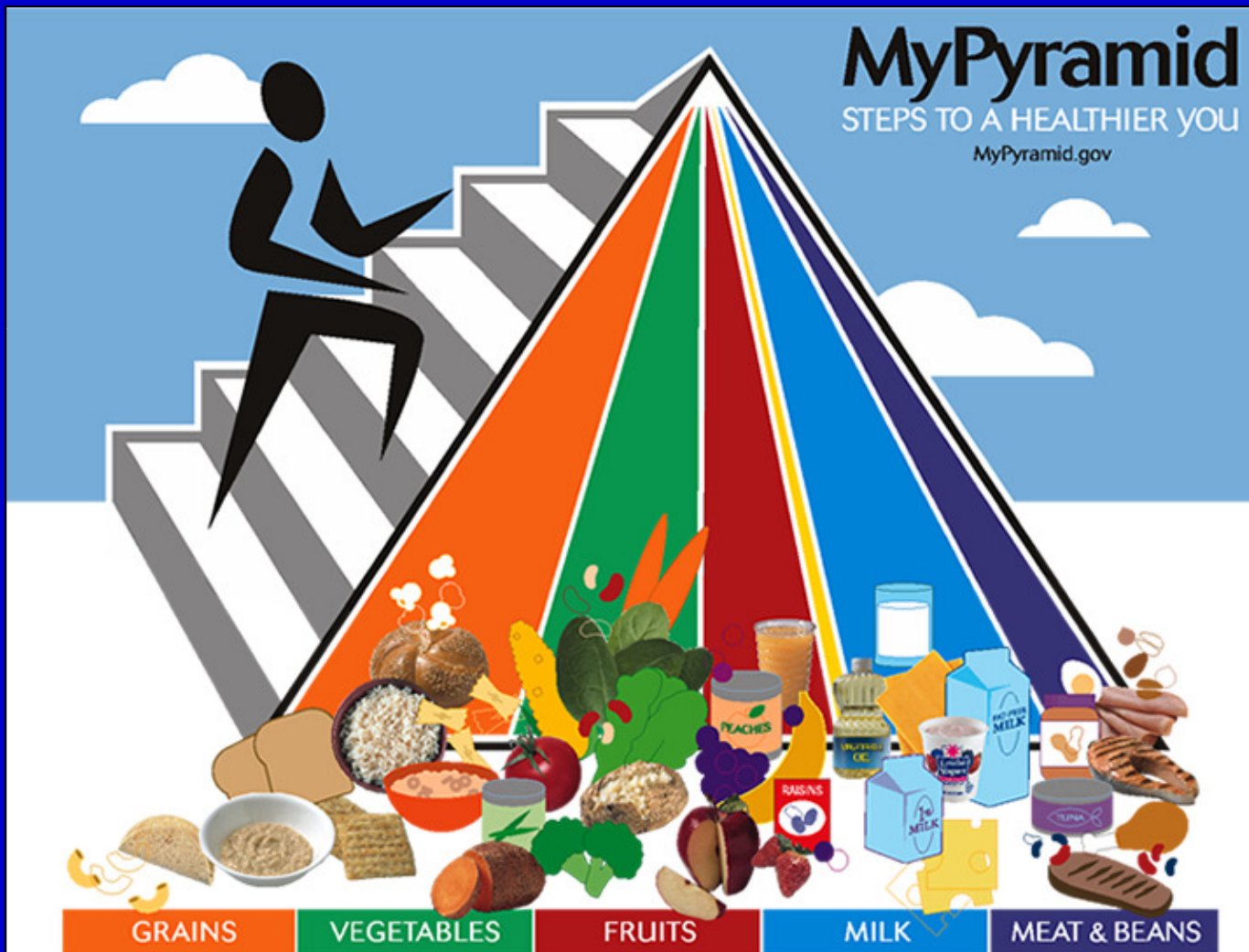
- A good way to maintain a healthy body is by eating a balanced diet.
- ***Balanced diet*** – An intake of food that supplies the body all the necessary nutrients in the needed amounts to maintain good health.
- ***Nutrient*** – A chemical substance in food that nourishes the body.




Make Smart Food Choices

- No single food provides all the nutrients.
- The best advice is to eat a wide variety of foods following MyPyramid, an individualized food-guidance system that
 - groups foods according to the nutrients they provide.
 - recommends how much of and how many servings to eat daily from each group.

Make Smart Food Choices





Make Smart Food Choices

- Eat whole grains, fruits, and vegetables, which are high in fiber and nutrients.
- Sugars, sweets, and fats tend to have many calories and few nutrients.
- Eating more calories than you use leads to weight gain.
- A varied diet with regular activity helps maintain a healthy weight.

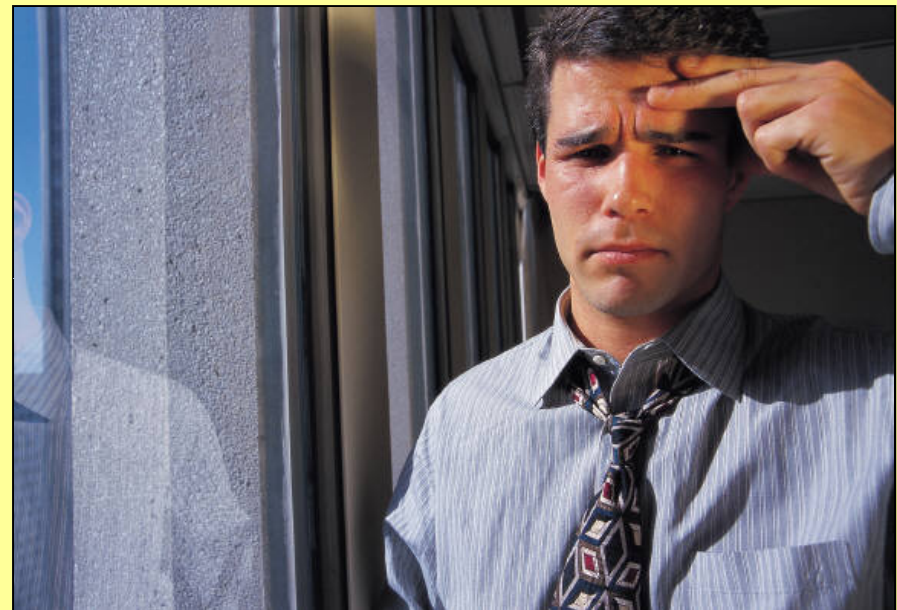


Learn to Handle Stress

- Some stress is good for you, but too much can harm your health.
- ***Stress*** – A feeling of tension, strain, or pressure.
- Stress can affect both body and mind.
- Practice good eating and sleeping habits.
- Use physical activity to relieve stress.

Learn to Handle Stress

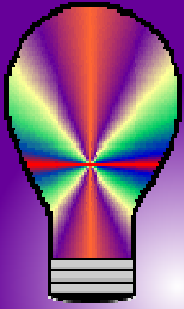
- Talk about your problems.
- Maintain a positive attitude.
- Manage your time.
- Develop a positive work ethic and outlook on life.





Ways to Relax

- Read something inspiring, entertaining, or informative.
- Play a game.
- Listen to music.
- Spend time alone to think.
- Talk with someone.
- Go to a movie, lecture, or concert.
- Attend a social function.



Think About It

- ❖ *Why is it important to find time to relax?*
- ❖ *In what additional ways do you like to relax?*



Avoid Tobacco Use

- Smoking is an expensive habit that causes bad breath, discolored teeth, and dangers to your health.
- Tobacco use dulls the senses of smell and taste.
- Smokers' clothes often carry a smoky odor.
- Smokers themselves are fire hazards, causing most of all fatal home fires.



Did You Know?

- ❖ *Smoking is banned in many public places and at most workplaces.*

**This facility is
smoke free.**





How to Quit Smoking

- There are several ways to quit, but the first step is truly wanting to stop.
- Quitting *cold turkey* means deciding to stop smoking at a specified time and doing so.
- Consider gradually reducing the number of cigarettes smoked.
- Replace a cigarette with gum or candy.
- Go to individual or group therapy.

Avoid Drug Use

- Drugs such as marijuana, heroin, cocaine, crack, Ecstasy, PCP, and LSD are illegal.
- **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.

Avoid Drug Use

- Drugs may have harmful effects on the heart, lungs, brain, and reproductive system.
- They dull the senses, alter behavior, impede judgment, and impair driving.
- Drug users often develop an addiction.
- ***Addiction*** – The never-ending obsession to use a drug.

Avoid Drug Use

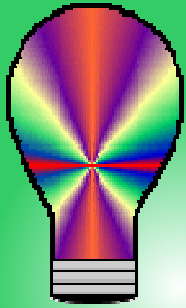
- Drug abuse can easily occur with prescription medicines and over-the-counter remedies.
- Drug abuse never brings solutions, only problems.





Avoid Alcohol Use

- Alcohol is a drug that can
 - alter your behavior.
 - damage your brain, liver, and/or heart.
 - ruin personal relationships.
 - cause economic and legal problems.
- Alcohol-related accidents are the top cause of death among teenagers.
- The message is clear: act responsibly.

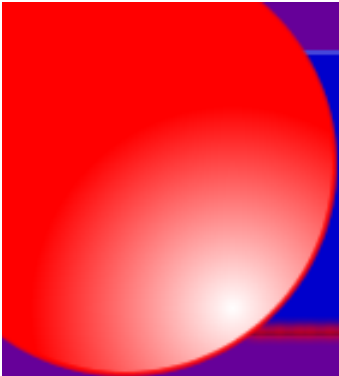


Think About It

- ❖ *Compared to other age groups, teens are more likely to*
 - ❖ *drive after using drugs or alcohol.*
 - ❖ *run red lights.*
 - ❖ *make illegal turns.*



Source: National Center for Injury Prevention and Control



Alcohol and Other Drug Problems at Work

- Some employers periodically have their employees take a drug test without warning.
- ***Drug screening*** – Tests that can reveal the presence of drugs in a person's body.
- In some cases, use of alcohol or drugs on the job is grounds for immediate dismissal.



Alcohol and Other Drug Problems at Work

- Workplace problems caused by alcohol and drugs include:
 - poor quality control
 - more safety risks
 - increased absenteeism and lateness
 - more health risks
 - poor relationships among coworkers
 - increased risk of theft

Where to Get Help

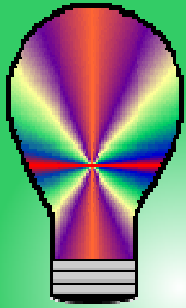
- Many organizations can provide information, counseling, and treatment.
- Look in phone books and other directories under “alcoholism,” “drug abuse,” and “addiction” for treatment centers.
- You can also seek help from family, friends, school nurses, counselors, teachers, coaches, and religious leaders.



Did You Know?

- ❖ *Drug treatment and counseling services are offered to full-time employees through many company health plans.*





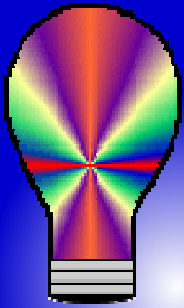
Think About It

- ❖ *Describe how to incorporate enough activity into a day to maintain fitness.*
- ❖ *Identify several foods that are recommended for a healthy diet plus several that are not.*
- ❖ *List ways to handle stress.*
- ❖ *Explain the consequences to students from*
 - ❖ *using tobacco*
 - ❖ *using alcohol*
 - ❖ *abusing drugs*



Chapter 21: In the Know

- Feeling well allows you to live life to the fullest.
- Regular activity and a balanced diet are two keys to enjoying good health and remaining physically fit.
- Knowing how to relax and handle stress helps you maintain good health.
- Abusing alcohol or other drugs impairs mental and physical health and also causes social, emotional, and economic problems.



Chapter 21: Think More About It

- ❖ *To improve your health and fitness, what changes, if any, should you make*
 - ❖ *in your diet?*
 - ❖ *in your daily exercise routine?*
- ❖ *What events tend to cause you stress and how can you minimize their negative effects?*
- ❖ *Name some ways to resist the negative peer pressure regarding smoking, drinking, and drug experimentation.*