

ACTIVITY

Ready for Anything

Directions: Put an X next to the better choice for the missing word in each sentence.

1. MyPyramid plan provides athletes with all the ? they need.
 _____ nutrients _____ calories
2. Athletes require more than the minimum number of ? because of their energy needs.
 _____ foods _____ portions
3. Athletes should get most of the extra calories they need from ?.
 _____ sweets _____ carbohydrates
4. Complex carbohydrates produce ?.
 _____ energy _____ muscles
5. Active people should eat only 5 ounces from the ? Group.
 _____ Meat and Beans _____ Vegetable
6. Your body uses extra protein for ?.
 _____ growth _____ energy
7. MyPyramid guidelines suggest you eat foods rich in ? for healthy bones.
 _____ calcium _____ iron
8. The body sweats to reduce ? during exercise.
 _____ body weight _____ body heat
9. You need to replace the ? that you lose during exercise.
 _____ fluids _____ calories
10. It takes two cups of water to replace each ? lost to sweat.
 _____ ounce _____ pound

ACTIVITY

Power for Performance

Directions: Select the best words from the list below that fit in the numbered spaces in the paragraph. Write the missing word on the line next to the corresponding number.

- | | | | |
|-----------|-----------------------|--------------|--------------|
| banana | complex carbohydrates | electrolytes | nauseated |
| candy bar | dehydration | fluids | sports drink |

Before her first cross-country meet, Emma ate a big bowl of cereal, a bagel, and an orange to get plenty of (1). To make sure she would have enough (2), she took a bottle of water with her. A teammate offered her a (3), but she was afraid it would make her jittery. She ate a (4) instead. The day was warm, and many runners suffered from (5). Emma came in second, but her leg muscles cramped up. She drank a cola, but it made her feel (6). Then her coach gave her several glasses of a (7). “You need to replace (8),” he said.

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

Directions: Answer the following questions.

9. What kind of meal should be eaten several hours before a competition?

10. Why are sodium, chloride, and potassium important?

11. What should you do immediately after an intense workout or competition?

12. What are two health dangers from dehydration? _____

Wellness—Your Goal for Life

Wellness Magic

Directions: Find the term which best fits each description. Write the number of the correct term in the space in each lettered square. If all your answers are correct, the total of the number, or the “Magic Number,” will be the same in each row across and down. Write the Magic Number in the space provided.

Terms

1. stretching activity
2. aerobic activity
3. wellness
4. exercise
5. nutrients
6. sleep
7. alcohol
8. endurance
9. stress
10. muscle-building activity

A	B	C
D	E	F
G	H	I

The Magic Number is _____.

Descriptions

- A. Ability to continue physical activity for a long time.
- B. Good physical, emotional, and mental health.
- C. Activity to firm and tone muscles.
- D. Time to rid the body of waste products in the muscles.
- E. Can affect reactions and judgements.
- F. Helps body take in and use more oxygen.
- G. Helps body be more flexible.
- H. Chemicals in food that help the body work properly.
- I. Emotional and physical tension.

