

Name: _____

Date: _____

Healthy Weight

Word Bank

movement

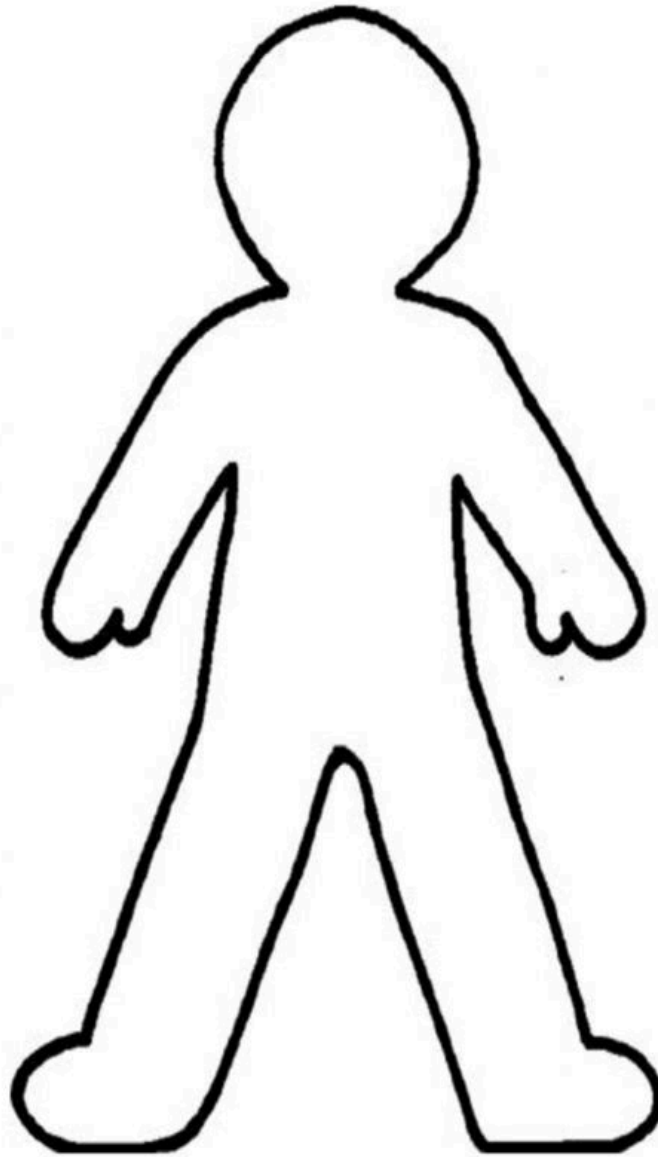
focus

functions

supports

A healthy weight is a body weight that _____ your overall health- giving you enough energy to grow, learn, move, and feel your best- while recognizing that healthy bodies come in many shapes and sizes. Together, both healthy eating and regular _____ help maintain a healthy weight! Your weight is about how your body _____, not appearance or scale numbers. Healthy eating and movement improve mood, reduce stress and increase _____. These habits can also help prevent unhealthy behaviors, like extreme dieting or inactivity. Learning about maintaining a healthy weight helps you take care of your body now and build habits that support your health, confidence and future!

What does it look like when you are eating healthy and moving regularly?



If your friend is showing signs of unhealthy eating and movement, (i.e. obsessing over calories/exercise or using exercise as a punishment for eating certain foods), what would you say to them?
