



Exercise and Fitness

Nutrition is one part to a healthy lifestyle. The other is exercise and fitness. Fitness is what you do to look good and be healthy. Exercise is what you do to stay fit. Your weight is a way to track how fit and healthy you are.

**A healthy diet + exercise
=
a healthy lifestyle**

The Body Mass Index (BMI) calculator helps you find what your weight should be. Use this calculator to set a weight that you want to be. From there, you can find out how many calories you need to reach this weight.

Daily Calorie Intake Low = Body Weight (pounds) x 14
Daily Calorie Intake High = Body Weight (pounds) x 17
Daily Calorie Intake Range = Body Weight (pounds) x 14 - Body Weight (pounds) x 17

For a more correct estimate of your Daily Calorie Intake, use the Mifflin-St Jeor equation online (<http://www.calculator.net/calorie-calculator.html>).

Calories are found in food. When you eat food, you gain calories. Physical activity burns calories. If you eat more calories than you can burn, you will gain weight. If you burn more calories than you eat, you will lose weight.

BMI = (weight (lb) ÷ height² (in)) x 703

CURRENT HEIGHT
60 Inches

CURRENT WEIGHT
130 lbs

BMI = (130 lb ÷ 60² in) x 703
BMI = (130 lb ÷ 3600 in) x 703
BMI = 0.036 x 703

CALCULATE MY BMI

RESULTS: BMI = 25.308 lb/in²

Zoe is 15, weighs 130 lbs and is 5 feet tall. She feels overweight and out of shape. She uses the BMI calculator to find what her healthy weight range is.

Category	BMI Range - lb/in ²
Underweight	<18.5
Normal	18.5 - 25
Overweight	>25



Try it online:
<http://www.calculator.net/bmi-calculator.html>



Household Care: Cooking, Laundry and Cleaning

3. It's Elias' turn to clean the house. He has three rooms to clean: living room, bathroom and kitchen. He has the following things to help him clean:



Mop



Sponge



Vacuum



Dusting cloth



Glass Cleaner



Cleaner



Broom



Gloves

Make a list of tasks for Elias to clean each room. The first has been done for you.

Living Room

Sweep the floor with the broom.

Bathroom

Clean the mirror with the glass cleaner.

Kitchen

Wash the sink with the cleaner, sponge and gloves.

Graphic Organizer



4. Use the graphic organizer on page 30 to learn where food goes in a fridge.

How you store your food is very important. Some foods can be stored in a pantry. Most foods will need to be stored in a fridge or freezer.

Where you store your food in a fridge is also important. Follow the guide in the graphic organizer to learn how to properly store food in a fridge. Use the callouts to know how long each food will keep.



Emergency House and Car Kit



In an emergency, there's not always a lot of time to act. It's always a good idea to have a plan. Some people have plans set up in case their house is on fire. They practice these safe routes so when it happens, they are prepared. You might have done this at school during a fire drill.

Having a plan is good. It's also a good idea to have an emergency kit. Not many people think to have one of these. It is just as important as having a plan. This kit is something you have ready that has things you might need.

Do some research into emergency kits. Make a plan for a kit for your house and your car. Then, make your own emergency kit. Use a knapsack to hold the things that make up your kit. Update it every 12 months.

Some things to include:

- water
- non-perishable food
- cash
- emergency numbers
- wind-up radio
- flashlight
- whistle
- blankets
- clean change of clothes
- first aid kit



Keep in mind to have enough to survive for 72 hours. Present your emergency kit to a group. See what things you thought to include and why. See what things others thought to include and why.



EMERGENCY PHONE NUMBERS	
FIRE	_____
POLICE	_____
AMBULANCE	_____
POISON CENTER	_____
PHYSICIAN	_____

