

# HEALTH needs a HERO

## Student Worksheet

### *Three Women*



Student or Group \_\_\_\_\_ Period: \_\_\_\_\_

Date Assigned: \_\_\_\_\_ Date Due: \_\_\_\_\_

Woman A



Woman B



Woman C



Look at the three pictures above. Then, answer the questions by placing an "x" in the appropriate box. Please don't write your name on the paper

	Woman A	Woman B	Woman C
1. Which woman is the most attractive?			
2. Which Woman is least attractive?			
3. Which woman is the smartest?			
4. Which woman makes good decisions?			
5. Which tends to make unwise decisions?			
6. Which woman is the healthiest?			
7. Which woman is least healthy?			



## Student Worksheet

*"Tally of Three Women"*

Number of students who took the survey: \_\_\_\_\_

Now, have one student gather all the surveys and fill out the chart below to see how students answered each question.

	Woman A	Woman B	Woman C
1. Which woman is the most attractive? (positive)			
2. Which Woman is least attractive? (negative)			
3. Which woman is the smartest? (positive)			
4. Which woman makes good decisions? (positive)			
5. Which tends to make unwise decisions? (negative)			
6. Which woman is the healthiest? (positive)			
7. Which woman is least healthy? (negative)			

How many positive responses did each woman get?

Woman A \_\_\_\_\_ Woman B \_\_\_\_\_ Woman C \_\_\_\_\_

How many negative responses did each woman get?

Woman A \_\_\_\_\_ Woman B \_\_\_\_\_ Woman C \_\_\_\_\_

Which woman received the highest number of positive responses? \_\_\_\_\_

Which woman got the highest number of negative responses? \_\_\_\_\_



## **Student Worksheet**

### *Consequences of Obesity*

1. Now that you've seen the first half of the film, within your group, consider and write a paragraph regarding the many consequences that are the result of obesity based on the questions below:
  - a. Research the chronic diseases and illnesses that can develop as a result of obesity and the consequences and statistics of those illnesses. Make sure to research not just physical consequences but emotional and mental effects.
  - b. What is diabetes?
  - c. Is there a difference between being overweight and being obese? Can an individual be healthy and overweight? Explain.
  - d. Consider the many ways we get information, including family, friends, television, movies, music, literature, and advertisements. Focus on how these factors influence both your own perceptions, as well as society's perceptions of overweight and obese people. State the factors that have the most influence and why.
  - e. Discuss what you feel Ashley was most affected by in her life growing up as an obese child. Do you feel a sense of compassion for her life experiences and how?
  
2. Once all questions are answered share your answers in a class discussion.

# HEALTH needs a HERO

## Student Worksheet

*Homework after first half of film*

Body image is one reflection of how we perceive ourselves and others, and often that reflection can be negative.

Whether it's related to ourselves or someone else "imperfections", the very act of focusing on imperfection pulls us away from our goal of being kind, gentle and accepting of others uniqueness. The solution is to catch yourself when you fall into the habit of insisting that things and people should be other than they are. Answer the following questions as they relate to your own experiences:

- 1) How can becoming aware of other's life situations help develop your own compassion and understanding for others?
- 2) How did this film so far, allow you to put awareness on you own body image and your own habits and patterns, physically, mentally and emotionally?
- 3) In your opinion, what can be done to help Americans, especially young people be more accepting of their own bodies and better support all stakeholders involved in a young person's quest for a healthy life?

As you begin to eliminate your need for perfection or catch yourself when false perceptions come into play, you'll begin to discover the perfection in life itself and the appreciation for everyone's own uniqueness and journey.

# HEALTH needs a HERO

## Student Worksheet

### *Heroes for Health*

1. Now that you've seen the entire film, in your groups consider and write a paragraph regarding the questions below:
  - a. Discuss and summarize the film. What were the positives Ashley was able to overcome, what were the obstacles? How did her story affect you personally? What did you learn?
  - b. We often think of fat as negative, but fat serves many purposes in the human body. Why do our bodies contain fat? What happens if a person's body fat is too low? What are the health risks associated with having too much body fat? Research and explain.
  - c. At the end of the film, Ashley says "*I know that I can't help people until I help myself first, that's what I've done and that's what I'll continue to do.*" Why is it important for each person to take personal responsibility first in order to make real change happen?
  - d. Write 3 ideas that your school, community and YOU personally could begin doing RIGHT NOW to be a Hero for Health?

As a class, discuss each group's ideas and choose the best solutions and ideas you come up with that could legitimately be implemented at your school, in your community and your own life.

As a group, take a pledge to be a **Hero for Health** at your school, within your community, with your family and among your classmates.

If you are ready to be a difference maker and a champion for change, sign the "**Class Pledge**" and share what motivates you to be a Hero for Health.

Both as a group and individually, set goals and make a plan and a timeline on how and when you and your classmates will accomplish the ideas you came up with that most inspire you.