



GETTING ACQUAINTED with HEALTH

This exercise is intended to provide you with an opportunity to learn about the health behaviors of your classmates. Try to find a different person for each of the following:

FIND A PERSON WHO:

1. Has quit using tobacco _____
2. Is a good listener _____
3. Avoids overexposure to the sun _____
4. Works out 3x a week _____
5. Has refused alcohol _____
6. Had a flu shot this past year _____
7. Knows someone who has HIV _____
8. Reads nutrition labels _____
9. Recycles at home _____
10. Has lost weight and kept it off _____
11. Has a parent with whom they can talk openly _____
12. Wears seatbelts 100% of the time _____
13. Manages his or her time well _____