



Keeping Well – Unit 1

Activity 2: Thinking Better Scenarios Sheet

ACTION

Copy/print one per student/small group.

THINKING BETTER

Scenario 1

Alexis regards herself as a fairly happy person. She is clearly very image conscious, and her hair and nails are perfect. Her heart rate is high and she gets easily puffed even climbing a short set of stairs.

She says, 'I'm not fat. What's the point of exercising? I will just sweat and it'll be horrible and embarrassing.'

Your Advice ...

What kind of care provider are you (e.g. GP, personal trainer, yoga teacher, nutritionist)?

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Scenario 2

Dylan has come to you on the suggestion of his mother. He is snappy and irritable all the time; not just with other people, but with himself, too. You discover that he has two part-time jobs in addition to study and practice for the school tennis team. He finds himself unable to sleep at night because he's worried about jobs he's left undone.

Your Advice ...

What kind of care provider are you (e.g. GP, personal trainer, yoga teacher, nutritionist)?

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Scenario 3

Emerson is pale but looks quite well. He is concerned because he seems to get colds all the time, which affect his ability to study. You ask about his exercise regimen, and he says he doesn't do any – he stays slim by 'watching what he eats'. Putting him on the scales reveals he is underweight.

Your Advice ...

What kind of care provider are you (e.g. GP, personal trainer, yoga teacher, nutritionist)?

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