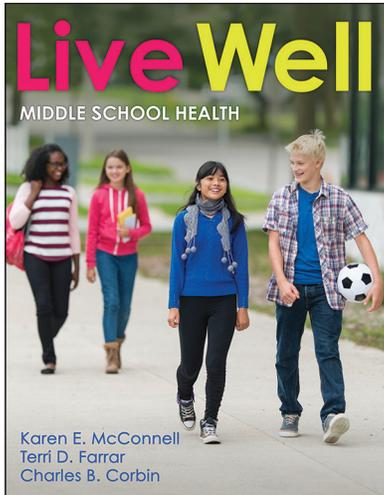


# LIVE WELL MIDDLE SCHOOL HEALTH FROM HUMAN KINETICS



## State Adopted in Oregon!

Through *Live Well: Middle School Health*, students will discover fundamentals of health and wellness and learn how to apply these throughout their life span. It covers personal and consumer health skills; nutrition; physical, emotional, and mental health; healthy relationships; and more.

Engage students to think about and apply health skills with attractive visuals and presentations, that make the content relatable to today's students.

### Live Well: Middle School Health With Interactive Web Text

Karen McConnell, Terri Farrar, Charles Corbin  
©2021 • Hardcover • 712 pages

**Seven-Year Bundle (book and IWT):** ISBN 978-1-7182-3827-5 • \$120.00 contract price

**Seven-Year IWT alone:** ISBN 978-1-7182-3828-2 • \$100 contract price

**Hardcover text alone:** ISBN 978-1-4925-9131-3 • \$81.60 contract price

### Interactive Web Text

Students can access the interactive web text from a computer, tablet, or mobile device. The interactive web text integrates audio pronunciations for vocabulary terms in English and Spanish, pop-up definitions throughout the text, lesson-specific quizzes to check students' understanding, and chapter-opening animations. Teachers can assign each chapter via *HKPropel*, and track students' progress to see whether the chapter is not started, in progress, or completed.

- 1 Terms to Learn:** Available in English and Spanish to meet the needs of ELL and ESL students
- 2 The Big Picture and Learning Targets:** Comprehensive, standards-based health instruction written in accessible language
- 3 SEL Connection:** Questions and case studies to grow self-awareness, empathy, and interpersonal communication skill development
- 4 Writing Prompts:** Behavior change goals, healthy living plans, ideas to advocate for healthy living at home and in communities
- 5 Note Taking Guide:** Organizes students' thinking and checks for understanding

### Teacher Ancillaries

Online ancillaries delivered via *HKPropel* include detailed lesson plans, lesson planning guides, ideas for differentiated instruction, assessments, and more.

**LESSON 4.4**  
**Your Body Image**

**1 Terms to Learn**  
body image  
negative body image  
positive body image  
weight prejudice  
social comparison  
body shaming  
disordered eating  
eating disorder

**2 The Big Picture**  
How you feel about your body can influence the choices you make throughout the day. It is important to understand what influences your body image, how a negative body image can affect your health, and how to improve your body image.

**3 Learning Targets**

- Explain what body image is.
- Explain why having a positive body image is important.
- Explain what an eating disorder is and give an example.
- Describe how the media influence body image.
- Identify five ways to improve your body image.

**4 SEL Connection**  
Case Study: Peyton's Struggle (Relationship Skills)

**5 Note-Taking Guide**  
Use this lesson's note-taking guide to help you organize and remember the material in this lesson.

**CASE STUDY**  
**Peyton's Struggle**  
Your friend Peyton has always been a popular girl at school. She wears cool clothes and you love her long, dark hair. It is hard not to be jealous of her. She is a good student and she is involved in a lot of activities at school and outside of school. Her parents are both successful doctors and her oldest brother just got accepted into a good college. Lately you've noticed that Peyton is putting a lot of pressure on herself and that she is always critical of how she looks. She is starting to grow and go through puberty. She calls herself fat and ugly multiple times every day and makes a lot of comments about how much she hates herself in her clothes or how her favorite clothes don't fit. It is hard for you to understand, because you think she is really pretty. At lunch she comments on all of the food options and seems to obsess over every choice she makes. Yesterday she seemed especially sad and withdrawn; she didn't even want to talk or hang out.

**Think About It**

- 1 How could you show support for Peyton? What could you say to her that would express caring and affection?
- 2 Are you concerned about Peyton? Why or why not? Do you think you should talk to an adult about your concerns?

Learn more at [US.HumanKinetics.com](https://www.us.humankinetics.com)

# HEALTH IS NOT SOMETHING TO JUST READ ABOUT

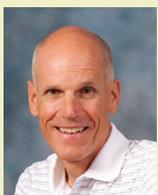
Recurring elements supply skill-based learning applications to reinforce the health concepts and help students develop health literacy.

- 6 Skill-building challenges:** Opportunities to apply health concepts
- 7 Healthy living skills:** Allows students to evaluate choices
- 8 Stories:** Each lesson begins with a story to help students connect personally and grow in empathy
- 9 Figures:** Attractive visuals make the content relatable and reinforce concepts to develop health literacy
- 10 Career connections:** Gives ideas to analyze future options
- 11 Healthy living tips:** Practical ideas to establish healthy living for students and their families
- 12 Special features: Diversity Matters and STEM in Health:** Allows students to engage with issues of inclusion and across content areas

## CONTACT US

To learn more about our major programs, discounts available for large institutional purchases, or to request a price quote, contact your Human Kinetics K-12 sales manager today:

Call Toll-free at 1-855-473-7345 (1-855-HPERD-HK) or email [k12sales@hkusa.com](mailto:k12sales@hkusa.com)



**John Klein**  
JohnK@hkusa.com  
CA, CO, IL, IN, IA, KS, MI, MN, MO, NE, NM, ND, OK, OR, SD, TX, WA, WI  
American Territories: AS, GU, PR, VI



**Allison Loosli**  
AllisonL@hkusa.com  
AK, CT, DE, HI, ME, MA, NH, NJ, NY, OH, PA, RI, VT, WV



**JoAnne Sanderlin**  
JoAnneS@hkusa.com  
AZ, AL, AR, DC, FL, GA, ID, KY, LA, MD, MS, MT, NV, NC, SC, TN, UT, VA, WY

Follow us



@HKPhysicalEducation



@HumanKineticsPE