

Critical-Thinking Questions

How Healthy Are You...Really?

Choices- Sept. 2016

1. Out of the eight sneaky habits featured in the article, which one do you struggle with the most and why?
2. What can those who tend to skip breakfast do to ensure that they eat a balanced meal each morning?
3. What are the keys to turning health hopes into power goals?
4. The doctor at the Yale Pediatric Sleep Center recommends that teens put their phones in another room when they sleep. Do you think this is reasonable advice? Why or why not?