## Nutrition & Wellness for Life © 2012 Chapter 1: Wellness Advice—Writing Activity

Suppose you're now the wellness advisor who writes a column for the school newspaper. You must respond in writing to students who have questions about areas of their health, including nutrition, food, and fitness. In this activity, read what each student has to say and write a helpful response that would be suitable for the paper.

## **Activity Questions:**

1. Dear Wellness Advisor: I never get sick, so I don't think wellness pertains to me. I'm already well! Don't you agree?

2. Dear Wellness Advisor: I just can't help it—I like taking risks. It's really exciting to me! If I change my ways, how can I be happy?

3. Dear Wellness Advisor: I really get down on myself sometimes because I tend to do things I don't really want to do. The problem is I have a couple friends who don't always make good decisions, and I just follow right along. Later, I'm sorry. I've ridden in cars with them when they had alcohol. I also have a smoking habit now, which started with cigarettes my friend had. What should I do?

4. Dear Wellness Advisor: My problem is friends. I don't have any right now, and it hurts. Every time I make a friend, sooner or later we have some kind of fight, and that's the end of it. It's hard for me to just start talking to someone, and then I end up ruining it. Can you help me?

Dear Wellness Advisor: I think I'm just destined to be overweight. Most everyone in my family is, and I'm heading in the same direction. It bothers me all the time, but I don't know how to change things.