

Dear Parent or Guardian,

Being overweight or underweight is a concern for many teens. Body weight, however, is more than an appearance issue; the process of adding or losing weight can result in health risks. The focus of your teen's current health chapter is the relationship between body composition, diet, fitness, and health. Your son or daughter will learn ways to combine proper nutrition with healthful ways to manage weight. Your teen will examine the risks of fad diets and extreme weight-loss strategies. In addition, your child will explore the causes, symptoms, and treatments of eating disorders.

Some of the questions your teen will explore as we study this chapter include: *What is the connection between caloric intake, caloric output, and weight? What is my appropriate weight range? What are some health risks related to weight problems? What are healthful ways to manage weight? What are fad diets, and what are the related health risks? What are eating disorders, and how are they treated? How do nutritional needs vary for different groups, such as children and athletes?*

Your involvement and participation in your teen's health education is important. To extend our classroom work, please complete one or more of the following activities with your teen:

- Ask your son or daughter to calculate his or her Body Mass Index and explain the significance of this figure. Then, ask your teen to discuss how he or she feels about his or her body weight. If the image is distorted, help your child objectively assess his or her body type. If your child has an actual weight problem, assist him or her in seeking proper professional advice.
- Discuss with your teen the influence that advertising has in presenting unrealistic body types as ideal images.
- Ask your teen to explain the connection between body weight and caloric intake/caloric output. Have your teen examine his or her food choices, particularly snacks, and the amount of time spent in exercise. Work together to create a plan with the appropriate balance of caloric intake/caloric output and physical activities.

Please plan other activities you think will help your son or daughter develop and maintain a healthful diet in conjunction with daily physical activities. Thank you for supporting our classroom work. Feel free to contact me if you wish to discuss your teen's health education.

Sincerely,

Health Teacher