



Topic A: What is mental health?

Let's Get Physical

Student name: _____

Date: _____

Directions: Read through the statements and indicate whether they are true or false.

Statement	True	False
1. We all have physical health. 		
2. When our bodies get sick, we can say that we have a physical illness.		
3. One way to describe good physical health is to say that a person is physically fit. 		
4. A person who is 'out of shape' does not have physical health.		
5. A person can have a health issue and still have good physical health with appropriate treatment/supports. E.g., needing a wheelchair for mobility, being impacted by allergies, diabetes, motion sickness.		
6. Getting hurt always makes a person physically ill.		
7. Our physical health can be improved by making healthy eating choices, taking part in daily activity, and getting regular and routine sleep.		
8. All health problems cause physical illness.		
9. A person can have a physical illness and physical health at the same time.		

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ANSWER KEY

Directions: Read through the statements and indicate whether they are true or false.

Statement	True	False
1. We all have physical health.	✓	
2. When our bodies get sick, we can say that we have a physical illness.	✓	
3. One way to describe good physical health is to say that a person is physically fit.	✓	
4. A person who is 'out of shape' does not have physical health.		✓
5. A person can have a health issue and still have good physical health with appropriate treatment/supports. E.g., needing a wheelchair for mobility, being impacted by allergies, diabetes, motion sickness.	✓	
6. Getting hurt always makes a person physically ill.		✓
7. Our physical health can be improved by making healthy eating choices, taking part in daily activity, and getting regular and routine sleep.	✓	
8. All health problems cause physical illness.		✓
9. A person can have a physical illness and physical health at the same time.	✓	