

NTI 1: On a separate piece of paper titled "NTI 1" write a paragraph on the importance of a healthy diet. Include 5 reasons in your paragraph.

NTI 2: On a separate piece of paper titled "NTI 2" write a paragraph on the importance of daily exercise. Include 5 reasons in your paragraph.

NTI 3: Title this page "NTI 3." Define these terms: fertilization, emplantation, embryo, fetus, prenatal care, fetal alcohol syndrome.

NTI 4: Title this page "NTI 4." On a separate piece of paper, define these terms: cartilage, ossification, ligament, tendon, scoliosis, osteoporosis.

NTI 5: Title this page "NTI 5." From Chapter 12, Lesson 3 in your textbook, answer these questions: 1) What personal factors can affect your choice of physical activities? 2) What are the four principles of building fitness? 3) What are the benefits of warming up before exercise and cooling down after exercise?

NTI 6: Title this page "NTI 6." Define these terms: epidermis, dermis, melanin, sebaceous glands, hair follicles, melanoma.

NTI 7: Title this page "NTI 7" On a scale of 1-10 rate how you are feeling on a piece of paper in this moment. Next, perform 20 minutes of exercise. This can include walking, jogging, pushups, jump rope, sit-ups. These are just examples. Feel free to use any exercises. After you are finished, rate how you are presently feeling on a scale from 1-10 and compare, in a paragraph, if you feel better, worse, or the same after exercise.

NTI 8: Title this page "NTI 8" Write a paragraph on the consequences of having poor health and wellness.

NTI 9: Title this page "NTI 9" Keep a food log for the day consisting of the food item and why it was a healthy choice or not.

NTI 10: Title this page "NTI 10" Write about the dangers of drugs and alcohol. Include what you can do to protect yourself from the dangers in the paragraph.