

~~~~~HEALTH / EXERCISE ARTICLE REVIEW~~~~~

Instructions: Select an article that strongly relates to health from a reliable media source, or my webpage, then complete the task below. *Point values are assigned based on completion of each question or stem using full sentences with thoughtful and accurate responses; the more complete, thoughtful, and accurate the response, the more points earned.*

NAME _____ DATE _____

1 point **ARTICLE TITLE:** _____

2 points **AUTHOR:** _____ **SOURCE** _____

QUICK SUMMARY - This article is mainly about: 2-3 sentences

The events in the article take place in (location): 1 sentence

KEY FACTS - I learned the following four facts from this article: complete sentences

1. _____

2. _____

3. _____

4. _____

CONNECTION - How can you relate this article to the 3 dimensions of health and wellness? complete sentences

Physical _____

Mental / Emotional _____

Social _____

HEALTH SKILLS - Choose one or more of the 5 health skills and apply it to the article?

2-3 sentences

Decision making – Communication – Stress Management – Advocacy – Goal Setting

PERSONAL CONNECTION - I do /do not relate to this article because:

2- 3 sentences

ADVOCACY - I would recommend this article to _____ because?

2-3 sentences