

Health Skillbuilders KOPY KIT®

Zenith's site license allows only a single copy of any document to be printed at a time. If multiple copies are needed, please contact Zenith's S&H department at safety@thezenith.com. All electronic transmission is prohibited.

Good Health Basics

[Cornerstones of Good Health](#)
[Assessing Your Health Risks](#)
[Getting the Most From Your Doctor Visit](#)
[Chart Your Family Medical History](#)
[Family Medical Records](#)
[Family Medicine Records](#)
[Watch Out for Food-Medicine Interactions](#)
[Keeping That Healthy Glow: How to Care for Your Skin](#)
[Something to Smile About: Maintaining a Healthy Mouth](#)
[Weathering Winter Illnesses](#)
[Is Your Home Healthy?](#)
[Family Safety Assessment](#)

Nutrition Basics

[Basics of Good Nutrition Quiz](#)
[Understanding Food Labels](#)
[What Do You Know About Protein?](#)
[Getting Creative With Beans and Legumes](#)
[You Can Eat Eggs and Meat](#)
[What Do You Know About Carbohydrates?](#)
[Not Just Rice and Wheat](#)
[What Do You Know About Fat?](#)
[Fat Calorie Percentage Worksheet](#)
[Ways to Cut the Fat](#)
[Fat-Free Foods](#)
[Fiber—Grandma Called It “Roughage”](#)
[Rediscovering Vegetables](#)
[Daily Values—What Do They Mean?](#)
[Should You Take Supplements?](#)
[Calcium: Are You Getting Enough?](#)
[How Many Calories Do You Need?](#)
[Understanding High Blood Pressure](#)
[High Blood Pressure and Nutrition—Lowering Salt Consumption](#)
[Understanding Cholesterol](#)
[Nutrition and High Blood Cholesterol](#)
[Eating to Reduce Your Cancer Risk](#)

Eating Well

[Making the Most of Snack Attacks](#)

[Your Comfort Foods](#)

[Understanding Your Sweet Tooth](#)

[Changing Your Food Habits](#)

[What Turns on Your Appetite?](#)

[Using a Food Diary](#)

[Build Your Own Food Pyramid](#)

[Should You Go on a Diet?](#)

[Menu Planner](#)

[Your Children's Nutrition](#)

[When You Shop for Food](#)

[You Can Eat Well for Less](#)

[Beware of Nutrition Fads](#)

[What About "Health Food"?](#)

[Vegetarianism—Is It Good Nutrition?](#)

Fitness Skills

[Exercise and Your Health: Heart, Blood Pressure and Weight](#)

[Exercise Quiz](#)

[Before You Begin](#)

[The Three Elements of Exercise](#)

[Assess Your Fitness: Step, Flexibility and Strength Tests](#)

[Setting Fitness Goals](#)

[Find Your Target Heart Rate](#)

[Exercise Diary](#)

[Choose Exercise That's Fun](#)

[Fitness at Home](#)

[Your Aching Back: Exercise and Your Back](#)

[Raising Fit Children](#)

[Aging Actively](#)

[Take the Stairs—and Other Lifestyle Changes to Increase Fitness](#)

[Preventing Fitness Injuries](#)

[For Exercise Injuries—Have Some R.I.C.E](#)

[101 Ways to Get Fit](#)

Living with Stress

[Are You Stressed?](#)

[What's Stressing You Out?](#)

[Anger Assessment](#)

[Dealing With Anxiety](#)

[Stress and Your Health](#)

[The Stress-Exercise-Diet Connection](#)

[How Stressed Is Your Family? The Family Stress Test](#)

[Visualization](#)

[Deep Breathing](#)

[The Stretch/Message Break](#)

[Meditation](#)

[Progressive Muscle Relaxation](#)

[Changing Your Thought Patterns](#)

[Changing the Way You Work](#)

[A Personal Approach](#)

Taking Charge

[Start Small: Choosing Attainable Health Goals](#)

[Making Changes That Stick](#)

[The Cancer-Preventing Lifestyle](#)

[Heart Disease—Are You at Risk?](#)

[Heart Attack: Do You Know the Warning Signs?](#)

[Preventing Heart Disease](#)

[Can You Prevent Diabetes?](#)

[Speed Up Your Metabolism](#)

[Alcohol and Your Health](#)

[Drugs and Your Health](#)

[For Quitters Only: After You Quit Smoking](#)

[TV and Your Health](#)

[What's Keeping You Awake?](#)

[Home Safety and Injury Prevention](#)

[Preventing Food Poisoning](#)