



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
<div><div></div><div>1. We all have physical health.</div></div>		
<div><div></div><div>2. When our bodies get sick, we can say that we have a physical illness.</div></div>		
<div><div></div><div>3. One way to describe good physical health is to say that a person is physically fit.</div></div>		
<div><div></div><div>4. A person who is 'out of shape' does not have physical health.</div></div>		
<div><div></div><div>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.</div></div>		
<div><div></div><div>6. Getting hurt always makes a person physically ill.</div></div>		
<div><div></div><div>7. Our physical health can be improved by making healthy eating choices, taking part in daily activity, and getting regular and routine sleep.</div></div>		
<div><div></div><div>8. All health problems cause physical illness.</div></div>		
<div><div></div><div>9. A person can have a physical illness and physical health at the same time.</div></div>		