PE Make-Up (1 Day Option)

Use the following link to access information and to answer ALL the questions completely.

www.cdc.gov/obesity/index.html

1. What is the definition of Childhood/Teen Obesity?

2. How do you calculate BMI?

3. Using the BMI Calculator to the right find and record your BMI and what percent you fall in?

4. Based on #3 use the “what does this mean” link and give a 5 sentence summary about what this means and what you should do going forward. (you may use the back of this paper if you need more space)