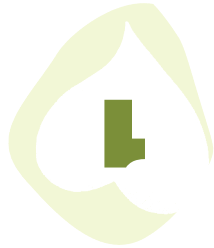


**Discussion
Statement**

**Discussion
Statement**





I don't have to worry about my health because I'm young.



I don't have to worry about my health because I'm young.



I can eat whatever I want as long as I exercise.



I can eat whatever I want as long as I exercise.



Stress can seriously affect my health.



Stress can seriously affect my health.



Eating a doughnut for breakfast is better than skipping breakfast.



Eating a doughnut for breakfast is better than skipping breakfast.



Restaurants serve more food
than I need to eat in one meal.



Restaurants serve more food
than I need to eat in one meal.



It's hard to eat healthy.



It's hard to eat healthy.



Only big lifestyle changes can
improve heart health for teenagers.

Only big lifestyle changes can
improve heart health for teenagers.





It is only worth exercising if you do
it for at least 30 minutes at time.



It is only worth exercising if you do
it for at least 30 minutes at time.



Computers, TVs, and cell phones
make it easy to be unhealthy.



Computers, TVs, and cell phones
make it easy to be unhealthy.



My lifestyle habits are not as important to my health as my family history of heart disease.



My lifestyle habits are not as important to my health as my family history of heart disease.



Teenagers eat more when stressed,
bored, or watching TV.



Teenagers eat more when stressed,
bored, or watching TV.



It is better to eat six small meals
per day than three large meals.



It is better to eat six small meals
per day than three large meals.