

- 2. Why preventive habits (such as exercising regularly) are important in maintaining good health, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect our personal fitness.

Why preventive habits are important:

Effect of tobacco products, alcohol, and other harmful substances:

- 3. Diseases that can be prevented and how

- 4. The 7 warning signs of cancer:

1.	
2.	
3.	
4.	
5.	
6.	
7.	

- 5. The youth risk factors that affect cardiovascular fitness in adulthood

- c b. Have a dental examination. Get a statement saying that your teeth have been checked and cared for.

Tell how to care for your teeth.

- 2. Explain to your merit badge counselor verbally or in writing what personal fitness means to you, including:

- a. Reasons for being mentally, physically, socially, and spiritually fit

- b. What it means to be mentally healthy

- c. What it means to be physically healthy

- d. What it means to be socially healthy.

