

ICAP Health Homework Week 4

Due February 10, 2011

1. Name 5 Health benefits of sunshine:

2. A- What is the most common "cancer" associated with overexposure to sun?

B- Is this considered a "dangerous" cancer?

C- In what ways can you protect yourself while still getting sun?

3. How does sunshine affect mental health?

4. How does exercise affect mental health?

5. Name 5 Health benefits of exercise:

6. What is the most important beverage we can drink?

7. Name 3 signs of dehydration:

8. What percentage of the human body is composed of water?