

Name: \_\_\_\_\_

## Myth or Fiction: The Quest For Perfection

**Topic – Can You Have A Higher Body Weight and Be Fit At The Same Time?**

Questions:

Can You Have A Higher Body Weight and Be Fit At The Same Time? How/Why?

List 5 interesting facts you learned from the video that you would share with someone else.

a)

b)

c)

d)

e)

What body image does the media (TV, movies, magazines, etc...) show as being ideal and healthy? Does this seem appropriate considering what we've learned from this film?