1. List 4 key traits of successful dieting based on the National Weight Control Registry. How much and what kind of exercise should a healthy adult do per week based on American College of Sports Medicine guidelines? ...healthy children according to the Centers for Disease Control & Prevention?

2. Provide 2 health-related reasons for shaking the salt habit? What foods are highest in sodium?

3. What are 2 major components of blood? What % of the blood does each component account for? What is hematocrit? How and why does hematocrit differ among females & males? What hormone induces red blood cell production? What is sickle cell anemia?

4. What are the effector cells of the immune system? What are the granulocytes? Agranulocytes? What are the %s and general functions of each type? What are monocytes called when they swell up and make camp in the tissues? List 2 unique names of these swelled up cells based on the tissues they reside in.

5. List the general steps of the immune response. What is the single most important thing you can do to reduce the risk of colds and infections?