FOUNDATIONS OF PERSONAL FITNESS

Glencoe

*CHAPTER 2, PART 5*

**What You Will Do**

* Explain common \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about substance \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Identify the effects of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ abuse such as alcohol, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on physical performance.

**Why Some People Use Harmful Substances**

Many people use harmful substances because of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ influence. Peer influence is the effect people your own age have on your thoughts and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

There is nothing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about taking risks with your health and your future.

**Substance Abuse and Its Effects**

Substance abuse can take a toll on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and physical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the user as well as the user’s family and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The habitual use of many \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and other harmful substances can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**TERMS TO KNOW**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Any unnecessary or improper use of chemical substances for nonmedical purposes.

Addiction - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dependence.

**Take a closer look at the health risks associated with the use of tobacco.**

* + Cigarettes contain over 40 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ chemicals.
  + Smoking interferes with the normal working of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  + Nicotine, found in cigarettes, is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, making it difficult for smokers to quit.

Smokeless tobacco has been popular among some athletes, especially baseball players.

**TERMS TO KNOW**

Smokeless tobacco - Tobacco \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ through the nose or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Smokeless Tobacco Facts**

* Smokeless tobacco releases \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the amount of cancer-causing substances into the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than cigarettes do.
* Long-term use of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tobacco can lead to an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ heart rate and high blood \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Smokeless tobacco causes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the mouth, lips, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Alcohol has short- and long-term effects on the body:**

* + Alcohol \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ down the central nervous system, impairing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, reaction time, and coordination.
  + It also affects the function of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and kidneys, which can result in nausea, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and dehydration.
  + It \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ judgment and causes an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in risk-taking behavior.
  + Long-term drinking causes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ damage and increases the risk for high blood pressure, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rhythm disorders, heart muscle disorders, stroke, and the development of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and liver disease.

Anabolic steroids are used as a medicine to treat specific chronic diseases; any other use is illegal and dangerous.

**TERMS TO KNOW**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Chemicals similar in structure to the male hormone testosterone.

**Effects of Anabolic Steroids**

