**Study Guide**

**Promoting Health**

1. At what age does the immune system start to decline? What other factors besides aging weaken the immune system?
2. What is the Western stereotype about aging and does this improve or hinder successful aging?
3. What are the three areas in which you need to take care of your body in adulthood?
4. What is the most prevalent nutritional problem in adulthood in the U.S.?
5. Which diet programs are the best? What do all of the successful programs include?
6. You should know the factors resulting from changes in the food supply that make it difficult to stay well-nourished.
7. You should be able to recognize the negative substances in the food supply.
8. What is an antioxidant? What is a probiotic?
9. Why do senior citizens often have different nutritional needs from younger people/
10. Do Americans get enough exercise?
11. You should be able to recognize the benefits of exercise? What type of exercise, if any, benefit older adults?