

Do You Think You're Healthy?

Case Studies Master

Learning Activity 1: Who Is Healthy?

Case Study #1

Josh is very popular since he has been elected most handsome guy of the year. All the girls would die to go out with him. He goes out with a new girlfriend every week. Josh works out a lot to maintain his look. He spends 2 hours at the gym everyday and does a lot of weight lifting. To maintain his muscles, he eats a lot of high protein foods such as milk, eggs, fish, chicken and meat. He also drinks a lot of water. Josh goes 3 times a week to a sun-tanning salon. During weekends, he hangs out with his friends in nightclubs and pubs and drinks a lot. They spend all night dancing and drinking. They also occasionally smoke pot. On Sundays, Josh goes hiking or biking very early in the morning, having only slept a few hours. Then another week starts all over again!

Case Study #2

Ian is a 15-year-old boy who suffered injuries from a motor vehicle accident one year ago. Since then, he has been paralyzed and needs a wheelchair. Although this accident has been very traumatizing, Ian has been able to adapt with the help and support of his family and friends. His parents have redesigned the house to make it wheelchair accessible. He went to physical rehabilitation sessions and has learned to rely on himself for his everyday tasks. Ian is very happy he is still alive and enjoys each day of his life.

Case Study #3

Sarah has always been an overweight child. After so many failed diets, she finally stopped focusing on an ideal weight. All she wants is to feel good about herself and enjoy eating. She tries to eat a balanced diet every day but indulges in her favourite dessert, a chocolate sundae, from time to time. She knows that this is a relatively high calorie choice but since she only has it occasionally, she does not feel guilty about it. Sarah attends yoga classes twice a week, and goes roller-blading in the neighbourhood everyday after school. She also goes to the swimming pool on weekends. Ever since she has been happy about her body shape, she has been able to be more outgoing and has met a lot of new friends.

Case Study #4

Pamela is so afraid of gaining weight that she weighs herself every morning. If she has gained a few ounces, she starts a diet to lose the "extra" weight. Pamela also runs six miles every day after supper to burn "extra" calories. Lately, Pamela has become so careful about her food intake that she has stopped eating out with her friends on weekends. She does not need the extra fat and calories! So she stays home and listens to music instead. Recently, she has started smoking. It makes her feel less hungry and at least this is something she can still do with her friends.

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Case Study #5

Sean is a very good grade 10 student. He manages to organize his time in order to both study and enjoy different activities with his friends. He and four other boys play basketball every day in his backyard. On Saturdays, they all go skateboarding. On Sundays, he goes hiking or biking with his family. Sean knows that keeping in good shape requires good nutrition. So he makes sure he eats a healthy balanced diet. Lately, Sean has started thinking about his future and about what he wants to be. His father is a very successful lawyer. He wants him to go to law school. Sean is not sure about that. He has other plans in mind but does not feel he can discuss them with his parents. This has been affecting his morale and he has not been able to sleep very well lately.

Case Study #6

Bob is a very successful businessman. He now owns three multi-million dollar companies. Since he doesn't trust anyone, he has to manage all three by himself. He wakes up every day at 5 am to get his physical workout in his personal gym. Then he takes a shower, grabs a cup of coffee and heads to his first company by 7 am. He spends the whole morning there, and then has a quick lunch in a near-by restaurant on his way to the second company. He spends another 5 to 6 hours there and then heads to the third company in the late afternoon. By that time, Bob is having his sixth cup of coffee to keep awake during the evening, which he spends reviewing documents with his personal assistant. He also schedules board meetings every Monday that go very late at night. When he gets back home, it is already 11 pm. His kids have gone to bed. His wife is still out at a dinner or another social event. Bob goes directly to bed at midnight to get ready for the next day. Bob only spends time with his family on weekends, if he's not gone on a business trip. Bob's wife is feeling very alone and unhappy. Although she knows Bob works really hard to make more money and provide for the family's needs, she cannot take it anymore and is considering divorce.