

Healthy Living 1200
Portfolio Assignment 6
“Keeping Fit in the Cold”p.66-67 of the text.

1. (a) What are the two most common cold related injuries people have to protect against in Canada?

b) Describe the symptoms of each injury.

c) How is each cold related injury treated?

2. Which of these injuries is the most common? Why?

3. What is the normal temperature range for your body? _____

4. (a) Describe the process of “dressing in layers”.

b) Besides dressing in layers, what are 4 other precautions you can take to avoid cold related injuries?
