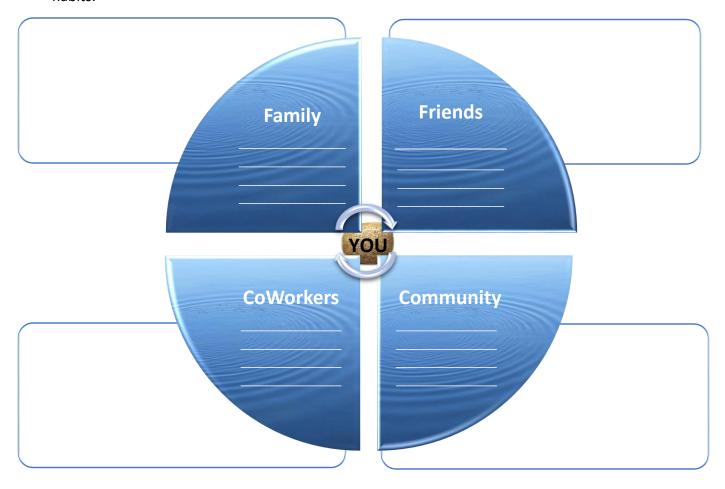
My Health Impacts the People I Care About

The Ripple Effect

How would a change in your health affect other people? Looking at each category, write the names of the people that would be affected by each of these scenarios.

First, envision a scenario where you are bedridden for 2 weeks with a sprained ankle. What would be the effect on the people you care about?

Second, use another sheet to envision how these same groups and individuals would be impacted if you were to have an increase in health, like increased energy or better nutritional habits.



Source: https://www.huffingtonpost.com/2012/08/12/health-workplace-productivity-eating-nutrition-exercise_n_1752749.html

