

Mt. Eden High School



P.E Make-up #12

Name: _____
Period: _____ Roll # _____
Teacher: _____

The Truth about Steroids

Get the Facts...

Slang- Arnolds, Gym, Candy, Pumpers, Stackers, Weight Trainers, Juice

Steroids affect your heart. Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.

Steroids affect your appearance. In both genders, steroids can cause male-pattern baldness, cysts, acne, and oily hair and skin.

Steroids affect your mood. Steroids can make you angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use

Steroids increase your risk of infection. Sharing needles or using dirty needles to inject steroids put you in at risk for diseases such as HIV/AIDS and hepatitis.

Know the law. Steroids are illegal to possess without a prescription from a licensed physician. It is illegal for individuals to sell steroids

Answer the following questions based on the reading above:

1. How do steroids affect your appearance? _____
2. Sharing needles put you at risk for what disease? _____
3. Name two slang words for steroids. (1) _____ (2) _____
4. How do steroids affect your mood? _____

Aerobic Activity: Do 3 days of 20 minutes of aerobic activity

<u>DATE</u>	<u>ACTIVITY</u>	<u>TIME</u>
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

Strength Activity: for strength developments so **4 separate days** of

1 set of 15 push-ups & 1 set of 30 sit-ups

Circle the 4 days you completed push-ups and sit-ups

Fri. Sat. Sun. Mon. Tues. Wed. Thurs.

PARENT SIGNATURE: _____ DATE: _____