



## Physical Activity Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet as you move through the *Physical Activity* lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. List the three main types of physical activity.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. List two aerobic exercises that you enjoy.

a. \_\_\_\_\_

b. \_\_\_\_\_

3. List two tips for safe aerobic exercise.

a. \_\_\_\_\_

b. \_\_\_\_\_

4. List two benefits of aerobic exercise.

a. \_\_\_\_\_

b. \_\_\_\_\_

5. List two strength training exercises that you enjoy.

a. \_\_\_\_\_

b. \_\_\_\_\_

6. List two tips for safe strength training.

a. \_\_\_\_\_

b. \_\_\_\_\_

7. List two benefits of strength training.

a. \_\_\_\_\_

b. \_\_\_\_\_

8. List two flexibility training exercises that you enjoy.

a. \_\_\_\_\_

b. \_\_\_\_\_

9. List two tips for safe flexibility training.

a. \_\_\_\_\_

b. \_\_\_\_\_

10. List two benefits of flexibility training.

a. \_\_\_\_\_

b. \_\_\_\_\_

11. List two consequences of not getting regular physical activity.

a. \_\_\_\_\_

b. \_\_\_\_\_