



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 types of physical activity.

a. _____

b. _____

c. _____

2. List two aerobic exercises that you enjoy.

a. _____

b. _____

3. List two strength training exercises that you enjoy.

a. _____

b. _____

4. List two flexibility training exercises that you enjoy.

a. _____

b. _____

5. How many minutes of physical activity should you get each day?

6. List three benefits of physical activity.

a. _____

b. _____

c. _____

7. List three consequences of not getting enough physical activity.

a. _____

b. _____

c. _____