***Name – Quang Huynh*  *Physical Activity & Fitness***

**Benefits of an Active Lifestyle**

Physical

1. Reduce the risk of heart attack.

2. Feel better physically.

3. Have stronger bones.

4. Recover quicker from injuries and rest.

5. Lower blood cholesterol level.

6. Manage weight better.

7. Lower blood pressure

8. Increasing life span.

9. Improve joint pain and stiffness.

10. Prevents further injuries or falls.

Mental

1. Improve brain function.

2. Have a healthy mental state.

3. Better sleep.

4. Blocks negative thoughts.

5. Distracts from worries.

6. Changes the levels of chemicals in the brain.

7. Less stress.

8. Better mood.

9. More relaxed.

10. Reduce feelings of anxiety.

Social

1. More confidence

2. Makes you reliable.

3. Makes you a happier and better friend.

4. Gain leadership skills.

5. Be more kind to others.

6. Attention span gets better.

7. Improves memory.

8. Better peer acceptance.

9. Sharpened mind

10. Become more positive.

Aerobic (A) or Anaerobic (AN)

AN 1. Racing up a flight of 15 steps

A 2. Running in the Boston Marathon

AN 3. Vaulting in gymnastics

A 4. Going cross-country skiing

A 5. Playing in a basketball game

Define each body type

**Endomorph** – Body type is generally soft and solid, gaining fat every easily. They have a shorter build with thick legs and arms. Their muscles are strong and are a natural at squats, since their upper legs are especially strong.

**Ectomorph** – A typical skinny guy who has a light build and lean muscle. They have long thin limbs with stringy muscles.

**Mesomorph** – Has large muscles, large bone structure and a naturally athletic body. It is easy to gain or lose weight and are naturally strong.