

Physical Activity Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Physical Activity Lesson.

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. _____

