What Prevents You From Being Active?

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

Outcome: (1.5) assess level of physical activity to determine whether they are active enough to achieve health benefits and identify time in the day to increase physical activity in 5- to 10-minute periods.

Please read the entire assignment before beginning.

SHOULD BE DONE INDIVIDUALLY!

Due at the end of class.

One of the best ways to become more active is to join a group or sport in your activity or at school.

1) You have to come up with a list of 10 things that are available within your community (ex: Portland Estates, Woodlawn area). Make a list of what you research, separating them into Aerobic Activities, Muscular Activities or Flexibility Activities. You need to write the address of where these things take place as well.

2) You then need to go on Google Maps and see how far this is from your house.

3) Then take a look at what is available in Dartmouth and make a list of 3-4 options there as well. How far are these things from your house?

4) Write a reflection on why many teens are not active enough based on what you have found in your research today. (2 paragraphs minimum)