

We all know that taking enough exercise is a very important part of staying fit and healthy. Are sports and fitness an important part of your life? Answer the questions below and find out how much you know. We also provide some suggestions to help you get more exercise and feel better!



What are some reasons people do sports/exercise?

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What sports do you like to do?

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What sports would you like to try?

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Are you getting enough exercise? Try keeping an exercise journal for one week. Print out the attached worksheet or make your own. At the end of one week, fill in the summary section of the worksheet.

**CREATE LINK FOR WORKSHEET**

*Health experts say that we should take one hour of exercise at least 3 times per week. So, how did you do? If you need to get more exercise, here are some tips:*

- ☞ Instead of asking for a ride in the car, try walking or cycling. You can get fit and help protect the environment at the same time!*
- ☞ Do something active with your friends like playing tennis or skateboarding instead of watching TV or movies.*
- ☞ Just keep moving! Put away the remote control for your TV and get up to change the channels.*
- ☞ Use stairs instead of elevators or moving sidewalks.*
- ☞ Offer to wash your family car by hand instead of your mom or dad taking it to a car wash.*
- ☞ If you like to help others, consider entering a race where you can raise money for charity.*

	Date	Type of Exercise	Duration <sup>1</sup>
<b>SAMPLE</b>	6 June	Cycle to school P.E. at school (volleyball) Walk dog after school	20 minutes 45 minutes 20 minutes <b>Total time:</b> 1 hour, 25 min.
<b>Monday</b>			<b>Total time:</b>
<b>Tuesday</b>			<b>Total time:</b>
<b>Wednesday</b>			<b>Total time:</b>
<b>Thursday</b>			<b>Total time:</b>
<b>Friday</b>			<b>Total time:</b>
<b>Saturday</b>			<b>Total time:</b>
<b>Sunday</b>			<b>Total time:</b>
<b>TOTALS:</b>	<b>NUMBER OF DAYS EXERCISED</b> _____ of 7		<b>TOTAL EXERCISE TIME:</b>

<sup>1</sup> length of time