

Chapter 13- Lifelong Fitness

#1 List as many physical activities as you can. Which do you think are the most beneficial to health and why?

#2 Do you feel there is enough physical activity in your daily life? If so, list 3 reasons why this is true. If not, list 3 ways to get more physical activity.

#3 Explain the difference between aerobic and anaerobic exercise.

#4 What physical activity or sport would you like to try and why?