

## January 9, 2024 Asynchronous Learning

Instructions/Directions: ON a sheet of paper: Use your personal experiences and view points to complete the handout below. For full credit, include headings for each different section, write the question and answer, and number your responses. Your paper should have majority of what you see below excluding the images. Bring assignment with you when you return to school.

### **Obstacles to Daily Physical Activity**

Even though people know the importance of exercise, sometimes people make up excuses not to exercise. List four reasons why you think someone might choose not to exercise:

- 1.
- 2.
- 3.
- 4.



### **Activity Choices**

When choosing a physical activity to become involved in, what factors determine your choice?

List seven:

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. |    |



### **Complete the following:**

When I am not at school you will find me...

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Am I getting my 60 minutes of physical activity each day?    Yes    No

A new physical activity that I would like to try is...\_\_\_\_\_

Why haven't you tried this new activity yet? \_\_\_\_\_

How can you overcome this barrier? \_\_\_\_\_