

CURRENT EVENT

TOPIC: BENEFITS OF DAILY PHYSICAL ACTIVITY

***** ATTACH ARTICLE *****

NAME: _____

TITLE OF ARTICLE: _____

PUBLICATION OR HOME PAGE: _____

VOLUME# OR WEB PAGE ADDRESS: _____

LIST 8 FACTS FROM THE ARTICLE

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

WHAT CAN HAPPEN TO YOU IF YOU DO NOT REGULARLY EXERCISE?

DO YOU PARTAKE IN ANY TYPE OF PHYSICAL ACTIVITY AFTER SCHOOL? IF YOU ANSWERED YES, WHAT TYPE OF EXERCISE DO YOU DO?
