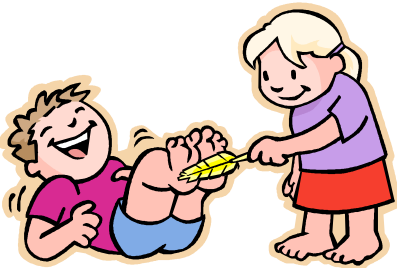


Fitness Facts

You have heard me give out various tidbits of fitness information that I have read or heard. For example:



• In myriad studies, laughter has been shown to: hike oxygen intake, increase pain tolerance, boost immunity, relieve stress, improve circulation, strengthen the heart, relax the muscles, lower blood pressure and adjust blood sugar in people with type 2 diabetes. And of course, you just feel happier when you can giggle.

Now is your turn. Find a fitness related fact, short and informative. **Decorate** a sheet of construction paper and put your fitness fact on the paper. Include your source for the fact.

This must be ready to be put up in the locker room or hallway or fitness room by **Tuesday February 19** at the beginning of the class period.

Rubric

Name _____

On time	2	0		
Source	3	0		
Decorated	5	3	0	
Neatness	2	1	0	
Followed directions	3	1	0	
Fitness oriented	5	3	1	0

Total points _____