

RATE YOURSELF ACCORDING TO THE VALUES OF FITNESS**Lesson # 1 Hand-In*****This worksheet is due at the beginning of next class!****/5****ENERGY**

Do you have adequate energy (without excessive fatigue) for the following?

- | | | |
|--|---|-----------------------------|
| • Work or school? | YES <input checked="" type="checkbox"/> | NO <input type="checkbox"/> |
| • Recreational activities? | YES <input checked="" type="checkbox"/> | NO <input type="checkbox"/> |
| • Meeting emergency or stressful situations? | YES <input checked="" type="checkbox"/> | NO <input type="checkbox"/> |

BODY SHAPE

If you regularly participate in physical activity, have you noticed any benefits to your physical shape? (ex. fat loss, dimension loss, muscular definition, posture, etc.) If so, list the benefits.

I have not noticed any difference, I am usually always active. But my mom says that I have a lot of muscle.

Do you like how you look? Is there anything you can do that will result in you liking your physical shape more?

I am fine with how I look, I don't think that there is anything that I would want to change.

PERSONAL WELL BEINGDo you feel better when you are fit/when you exercise? YES NO NO DIFFERENCE

Explain:

Usually when I exercise, I will feel lighter after I am done. I would have more energy to do something after with friends or family, that is more social, and not another long run.

Do you know the difference between feeling fit and feeling unfit? YES NO

Explain:

I when I am unfit, or just not as active as I usually am, I find it takes more effort to do things that I usually do with ease and with a flow. So I can tell when I haven't been as active compared to how I usually am.

SAFETY (answer the following based on the sample situations)Do you feel physically capable of meeting an emergency such as a fire in your home? YES NO If you underwent a serious operation, how do you think your current physical condition would affect your recovery? SPEED IT UP NO DIFFERENCE SLOW IT DOWN Explain: I usually can't stay still for long times, so I think I will end up moving too much and it will slow the healing. But I usually heal fast for small injuries. So I am not really sure what would happen.

If a car is speeding out of control, do you have the strength, speed, agility and reaction time to avoid getting hit? I THINK SO / I DOUBT IT

OPTIMAL PRODUCTIVITY

On average, how many school days do you miss per year for medical reasons?

0-2 / 3-5 / 6-10 / 11-15 / 15+

Do you think a person's fitness is connected to the number of sick days they take? YES NO

Explain:

If you are more active, you get a high metabolism which helps your body create more antibodies and white blood cells to fight off viruses and bacteria. Also, when you are more active, you usually go outdoors more that help your body to be exposed to all the germs and allergens, helping it learn how to fight them all off and help you stay healthy and not sick.

FUNCTIONAL FITNESS

If you maintain your current physical condition 30 years from now, are you likely or unlikely to suffer from any of the following ailments: postural defects, heart disease, degenerative bone disease, high blood pressure, low back pain, and stress-induced diseases like anxiety and worry.

Are you currently willing to take steps to avoid the above listed problems? YES NO

Explain (what and why):

I could do more hiking with my family and I could try to calm myself down when I get really stressed about small things. I want to do this because I want to have a good and healthy future to live.

LIFE SPAN

There is evidence that physical fitness can contribute to a longer life span. Make predictions about your level of participation in fitness and activities in the future.

At **20 years old** my fitness will be: POOR FAIR STRONG

I will participate in the following sports/fitness-related activities:

Hiking, Skiing, Swimming, Spinning and Yoga.

At **40 years old** my fitness will be: POOR FAIR STRONG

I will participate in the following sports/fitness-related activities:

Hiking, Skiing and Yoga.

At **60 years old** my fitness will be: POOR FAIR STRONG

I will participate in the following sports/fitness-related activities:

Hiking, Snowshoeing and maybe skiing.