Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PE Per.\_\_\_\_\_\_

\*\*\*\*\*THIS WAS PRINTED ONLINE FOR EXTRA CREDIT\*\*\*\*\*

**23 ½ hours video worksheet**

1. What is the best thing you ca do for your health, according to the video?

2. What lifestyle is the strongest predictor of death?

3. In the mentioned study, walking for over 21 minutes drops rates in High Blood Pressure by what percent?

4. People who watch 6 hours of TV a day tend to live how many more years **less** than the average person?

5. What does, “Can you limit your sitting and sleeping to just 23 ½ hours a day”, mean to you?