

Name _____ Parents Signature _____

Date _____ Roll Call # _____ Period _____ Teacher _____

this was printed online for extra credit **FITNESS READINESS** ***Due March 30th***

Fitness means “readiness.” Fit people are better equipped than non fit people to handle day-to-day situations. Maintaining a high level of fitness is a lifelong challenge. In the past, during the frontier settlement in the U.S., most people were very active. Fitness and exercise were a part of everyday life. In fact, being fit was necessary for survival. Because people had so much activity during their day, they looked for ways to make their lives easier. Soon came the age of labor-saving devices – inventions that ranged from automobiles and dishwashers to electric shavers and hair dryers. Thousands of mechanical and electronic inventions made life so easy for many Americans that they adopted sedentary life-styles. Medical research has found that a sedentary way of life is not good for one’s health. As you use many labor-saving devices, exercise may become less a part of your routine. For this reason, it is important to plan regular times for structured exercise. In addition, you need to look for opportunities during the day that help build physical activity into your routine.

Do you look for opportunities to increase your level of fitness? Answer “YES” or “NO” to the following questions below to determine how well you incorporate activity into your day. Answer “YES” if your answer is “MOST OF THE TIME,” and answer “NO” if your answer is “SOMETIMES,”

1. Would you rather stand than sit?-----“YES” or “NO”
2. Would you rather sit than lie down?-----“YES” or “NO”
3. Do you use the stairs rather than an elevator or escalator?-----“YES” or “NO”
4. Do you walk briskly rather than walk slowly?-----“YES” or “NO”
5. If you see a penny on the ground, do you bend down to pick it up?-----“YES” or “NO”
6. Do you help your Mom carry in the groceries without being asked?-----“YES” or “NO”

Score yourself: Total number of “YES” answer= _____

6 Yes Answers= you are the next Hercules (boy) or Xenia (girl). Congratulations!!

5 Yes Answers= You are “Olympic” level material. Right ON!!!

4 Yes Answers= Your fitness level is outstanding. Good for you!!

3 Yes Answers= Your fitness level is O.K., but not really.

2 Yes Answers= I hope you have good health insurance because you are going to need it!!

1 Yes Answers= Where can I send my get well card??

0 Yes Answers= I am so sorry.....

Aerobic Activity: Do a minimum of 3 days, 20 minutes each day, of aerobic activity each week.

DATE	DURATION	TYPE OF ACTIVITY

DATE	DURATION	TYPE OF ACTIVITY

Strength Activity: For strength development do a minimum of 4 separate days each week of the following, 2 sets of 10 Push-Ups & 2 sets of 20 Sit-Ups. If you can do more, list how many you did each day.

DATE	PUSH-UPS	SIT-UPS

DATE	PUSH-UPS	SIT-UPS

