

Use Life Choices: Healthy and



"But I Can't Because..."

Healthy Living 1200
Portfolio Assignment 2
Active Living

Well Book

Read pages 62 and 63 of your text and answer the following questions:

1. (a) From the list on page 62 what do think is the # 1 excuse for not exercising? Explain why.

b) Do you think this excuse is valid? Why or Why not?

2. List 5 ways you could build fitness into your day.

b) How difficult would it be to stick to these changes in your lifestyle? Explain

3. Why do you think the charts on page 63 show that young people are more likely to participate in sports?

b) This article is at least 14 years old. Do you think young people today are still more likely to exercise than adults? Explain your answer

c) Why do you think men are shown to participate more than women? Do you think this is still the case today? Explain
