

Lesson #1- Active Health
Positive Implications for Active Living

1. What is Active living?

2. Why is being active important?

3. How much physical activity do children and teens need?

4. Describe moderate intensity activities? Give 3 examples

- _____
- _____
- _____

5. Describe vigorous intensity activities? Give 3 examples

- _____
- _____
- _____

6. What are the benefits of being active?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

**** On the next page create a poster promoting active living. You will design a poster for Seaquam that will discuss the benefits of being physically active and different ideas for how to be active. Include pictures and color. BE CREATIVE!!****