

Write down **5** Benefits of Fitness

- Improved appearance
- Improved body image
- Improved self-control
- More enjoyment of life
- Improved health
- Increased muscular strength & endurance
- Increased level of energy
- Improved physical performance
- Increased success in school
- Helps cope with stress
- Sleep better
- Increased life expectancy

Front Cover

Benefits of Fitness




Name

Roll Call #



Period

Date

An Open Pamphlet

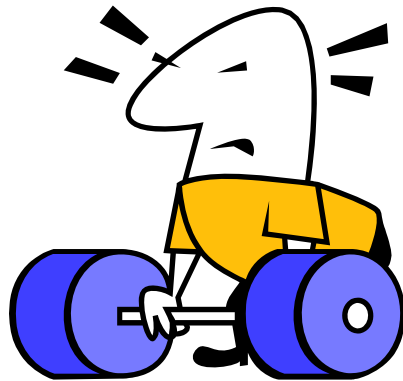
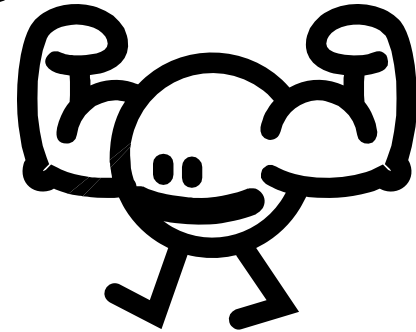
5 Benefits of Fitness	3 Places to Exercise	What it Means to be Physically Fit.
1.	1.	<hr/>
2.	2.	<hr/>
3.	3.	<hr/>
4.		<hr/>
5.		<hr/>

Back Pamphlet

<p>List 3 Aerobic Activities (extra credit)</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Bumper Sticker</p>  <p>IT'S FUN 2 RUN!!!!!!</p>	<p>Benefits of Fitness</p>  <p>Name Roll Call # Period Date</p>
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Nuts & Bolts

- Include the Following:
 - 3 Pictures Total



– Use at least 5 colors!!!!