

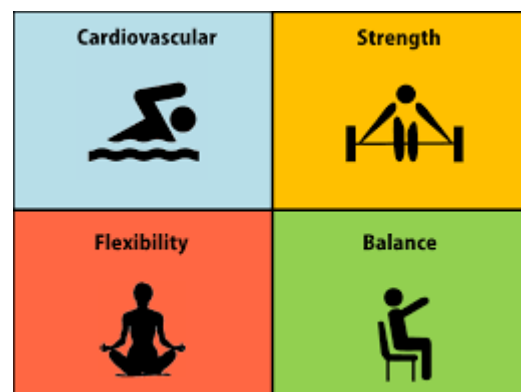
Active Living

1. What do the following terms mean?

a. Strength

b. Endurance (Cardiovascular)

c. Flexibility



2. Give at least three examples of activities that would fall into each category

Strength	Endurance	Flexibility

3. Do any of the activities mentioned fit into more than one category? If so which ones?

4. What is the difference between Moderate and Vigorous activity? Describe an activity that would be considered moderate/vigorous, and why.

5. How does Strength, Endurance and Flexibility differ from one another? Think about what parts of the body/body systems are used?

6. How does each activity contribute to good health?

7. Complete the following chart for a typical day

	My Physical Activity (Activities done for at least 10 minutes without stopping)	Type of Activity (Strength, Endurance, Flexibility) Check all that apply			Vigorous or Moderate
		S	E	F	Approximate minutes
Before School					
Lunch					
During School					
After School					
Total Minutes					

Take a look at the Canadian Physical Activity Recommendation and review the amount and type of activities recommended for youth. Compare your results to the recommended amounts.

1. How do your minutes of physical activity compare to the recommendations?
2. Do you get a mix of strength, endurance and flexibility activities?
3. Do you do both vigorous and moderate activities?
4. What physical activities do you enjoy doing? Which ones could you do regularly?
5. What could you do to reduce your inactive time?
6. What makes it hard to meet the recommendations? What could you do to?