



Passport to Physical Activity: Meet the Guidelines



Name: _____

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

Exhibit 1: Structured Exercise

Identify the four key areas of structured exercise that are necessary to maintain overall health and circle the ones where you are not meeting the recommended guidelines.

Exhibit 2: Non-Structured Physical Activity

Name two specific activities that you would be willing to incorporate into your day or week to increase NEAT through lifestyle activities.

Exhibit 3: Cardiovascular

Name two cardiovascular activities that you currently practice or would like to incorporate into your scheduled weekly activities to help you meet the recommended guidelines.

Exhibit 4: Your Heart Rate And Cardiovascular Exercise

My resting heart rate is _____ beats per minute.

My heart rate after jogging in place for two minutes? _____

My heart rate after jogging was in my target range? Yes _____ No _____

Exhibit 5: Strength

List areas of your body that you feel would benefit from strength exercises.

Exhibit 6: Flexibility

List areas of your body that are tight and would benefit from a stretching routine.

Exhibit 7: Balance

After doing the balance exercises I rate my balance as:

Good _____ Needs Work _____