

**RATE YOURSELF ACCORDING TO THE VALUES OF FITNESS****Lesson # 1 Hand-In****\*This worksheet is due at the beginning of next class!****/5****ENERGY**

Do you have adequate energy (without excessive fatigue) for the following?

- |                                              |     |    |
|----------------------------------------------|-----|----|
| • Work or school?                            | YES | NO |
| • Recreational activities?                   | YES | NO |
| • Meeting emergency or stressful situations? | YES | NO |

**BODY SHAPE**

If you regularly participate in physical activity, have you noticed any benefits to your physical shape? (ex. fat loss, dimension loss, muscular definition, posture, etc.) If so, list the benefits.

• fat loss

• muscular definition

• posture

Do you like how you look? Is there anything you can do that will result in you liking your physical shape more?

I like how I look but sometimes I feel overweight.

To fix that I exercise daily.

**PERSONAL WELL BEING**

Do you feel better when you are fit/when you exercise? YES NO NO DIFFERENCE

Explain:

When I'm not exercising & being fit I find myself doing nothing & not making the best eating choices.

Do you know the difference between feeling fit and feeling unfit? YES NO

Explain:

When I'm fit I feel good about myself & when I'm unfit I feel like I'm overweight.

**SAFETY (answer the following based on the sample situations)**

Do you feel physically capable of meeting an emergency such as a fire in your home? YES NO

If you underwent a serious operation, how do you think your current physical condition would affect your recovery? SPEED IT UP / NO DIFFERENCE / SLOW IT DOWN

Explain: It would speed up the recovery of some serious operations but it really depends on the operation.

If a car is speeding out of control, do you have the strength, speed, agility and reaction time to avoid getting hit? I THINK SO / I DOUBT IT

**OPTIMAL PRODUCTIVITY**

On average, how many school days do you miss per year for medical reasons?

0-2 / 3-5 / 6-10 / 11-15 / 15+

(not including regular doctor's & dentist's appointments)

Do you think a person's fitness is connected to the number of sick days they take? YES NO

Explain:

If you aren't very fit &/or are overweight you are more susceptible to injuries & illnesses than a fit person with a healthy weight.

**FUNCTIONAL FITNESS**

If you maintain your current physical condition 30 years from now, are you \_\_\_likely or ☒unlikely to suffer from any of the following ailments: postural defects, heart disease, degenerative bone disease, high blood pressure, low back pain, and stress-induced diseases like anxiety and worry.

Are you currently willing to take steps to avoid the above listed problems? YES NO

Explain (what and why):

- Continue exercising (swimming, running, biking, etc)
- Continue eating healthy

**LIFE SPAN**

There is evidence that physical fitness can contribute to a longer life span. Make predictions about your level of participation in fitness and activities in the future.

At **20 years old** my fitness will be: POOR FAIR **STRONG**

I will participate in the following sports/fitness-related activities:

- swimming
- running
- biking

At **40 years old** my fitness will be: POOR FAIR **STRONG**

I will participate in the following sports/fitness-related activities:

- swimming
- running
- biking

At **60 years old** my fitness will be: POOR FAIR **STRONG**

I will participate in the following sports/fitness-related activities:

- swimming
- running
- biking