

Mt. Eden High School



P.E Make-up #8

Name: _____

Period: _____ Roll # _____

Teacher: _____

Find Your Motivation

Find your motivation and lead the way. Making exercise a group effort can help you stick to a regular routine and inspire you to reach your goals. Regular physical activity not only helps keep your body fit, it can also boost your energy and mood, and lower your risk for many health conditions. You'll look better, feel better, and live a healthier life.

Getting started is easier than you may think. Here are some suggestions to help you get going:

*Discover ways you can make exercise part of your daily routine- walking to the store instead of driving, for example

*Learn how to talk to yourself into exercising, not out of it. Get motivated by choosing activities that you enjoy.

*Make exercise a social event-get your friends involved, too. Set a good example by being active yourself

1. In the paragraph above what can regular physical activity do for you? List 3 things _____

2. What is one way to motivate your self to exercise? List 1 from above _____

3. Name one way YOU can make exercise a social event? _____

Strength Activity: For strength development do **4 separate days** of the following

A. 15 push-ups & 30 sit-ups

Circle the 4 days you completed push-ups and sit-ups

Fri. Sat. Sun. Mon. Tues. Wed. Thurs.

PARENT SIGNATURE: _____

DATE: _____

(A parent signature verifies that the above exercise was performed & is required in order to receive credit)