Name:_____Block:_____Date:_____

FITNESS HOMEWORK – Nutrition

Did you know????

Why is Proper Nutrition Important?

Are nutrition and health related? Is healthy eating important? Of course! Like a finely-tuned racing car, your body needs the right fuel (food) and regular maintenance (exercise, lifestyle and mental attitude) to achieve its true health potential. Nothing is more important than healthy eating! Put in the wrong fuel or let it go without regular use and there's no way it can deliver its full power and performance. Without healthy eating, your body's engine will cough, splutter and eventually stall.

Maintaining a balanced diet by healthy eating can:

- Give you vitality and energy for life
- Help you stay at a weight that's right for you
- Boost your immune system
- Improve sports performance
- Delay the effects of aging
- Keep you active and fit into old age
- Help beat tiredness and fatigue
- Protect teeth and keep gums healthy
- Enhance your ability to concentrate and possible alter mood
- Ward off serious illnesses like heart disease, certain cancers, mature-age onset diabetes, and gallbladder disease

A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age and that is the main reason we have fitness homework here at Mattawoman. Most fitness homework assignments will be brief but they ***will be collected and graded every time****. All fitness homework must be signed by a parent. Hopefully these fitness home works will be motivating for the entire family and will help every student.*

Assignment – Physical – 30 min. Muscular Endurance workout. What did you do? _____

Parent Signature(Required):_____
I participated with my child: Yes _____ (.5 extra credit) No_____

1. Which fact from above stood out to you? And why?

2. What physical muscular endurance activity benefits you the most and why?

3. Why is it so important to eat healthy balanced meals?