

Fun Ways to Stay Fit through ACTIVITIES



By

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Contents

Fun Ways to Stay Fit through ACTIVITIES eBook

Contents	3
Learning Objectives	4
Activity P-1 Introduction to Physical Fitness	5
Activity P-2 Physical Fitness Checklist	7
Activity P-3 Physical Fitness Secret Code Activity	9
Activity P-4 Physical Fitness Word Search Puzzle	11
Activity P-5 Physical Fitness Crossword Puzzle	13
Activity P-6 Physical Fitness Matching Activity	15
Activity P-7 Physical Fitness Collage	17
Activity P-8 Physical Appearance	19
Activity P-9 Fun Ways to Stay Fit	21
Activity P-10 Physical Fitness and Nutrition	23
Activity P-11 Diet Plan	25
Activity P-12 Physical Fitness and Muscle Relaxation	27
Activity P-13 Ten Commandments for Fitness	29
Activity P-14 Physical Fitness and Adaptive Techniques	31
Activity P-15 Physical Fitness Pros and Cons	33
Activity P-16 Physical Fitness Goal Planning	35
Activity P-17 Physical Fitness Exercise Plan	37
Activity P-18 Physical Fitness Evaluation	39

Fun Ways to Stay Fit through ACTIVITIES

Learning Objectives

- P-1** To understand physical fitness, its benefits, and foods a person needs to eat while participating in a fitness program
- P-2** To identify need for physical fitness
- P-3** To increase awareness of the benefits for participating in physical fitness activities
- P-4** To increase awareness of fitness activities
- P-5** To increase awareness of physical fitness activities
- P-6** To increase awareness of the different levels of activity
- P-7** To identify physical fitness activities
- P-8** To understand concepts of self-care
- P-9** To increase awareness of physical fitness activities
- P-10** To increase awareness of a healthy diet that a person needs for starting physical fitness program and to plan a diet for one week
- P-11** To keep track of eating habits and plan better eating habits
- P-12** To increase awareness of muscle relaxation techniques
- P-13** To increase awareness of your capabilities for fitness
- P-14** To increase awareness of adaptive techniques for people who have disability
- P-15** To compare the benefits of physical fitness to the consequences of not doing fitness activities
- P-16** To increase goal-planning skills and to increase physical fitness
- P-17** To keep record of participation in fitness and exercise program
- P-18** To demonstrate awareness of physical fitness activities, benefits of fitness, and tips for a healthy diet

Activity P-1: Introduction to Physical Fitness

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To understand physical fitness, its benefits and foods a person needs to eat while participating in a fitness program</p> <p>Supplies: Copy of activity found on next page for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to introduce physical fitness to participants. This activity is a reading assignment. It discusses physical fitness, benefits of fitness, and the four food groups a person needs to eat while participating in a fitness program.</p> <p>Process: Explain purpose of activity. Pass out supplies. Randomly select participants to read aloud sections from the first part.</p>	<ol style="list-style-type: none"> 1. What was the purpose of this activity? 2. What did you learn from this activity? 3. What are benefits of physical fitness? 4. Would you be interested in starting a fitness activity program if you are not already involved in one? 5. What are the consequences for not participating in any fitness activities?

SPECIAL CONSIDERATIONS	RECOMMENDED RESOURCE
<ul style="list-style-type: none"> • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. 	<p>This book provides positive encouragement for starting to run. The same basics could be applied to starting a fitness program. This book is geared towards adolescents, adults and possibly senior citizens. Recommend for your participants to read this book.</p> <p>Bingham, J. (1999). <i>The courage to start, a guide to running for your life</i>. New York, NY: Fireside.</p>

Name: _____ Date: _____ Activity: P-1

Introduction to Physical Fitness

This activity is a reading assignment. It introduces the topics that will be covered in this section.

Once you have completed them, you will be able to:

- Identify the three levels of fitness activities
- Identify benefits of physical fitness (and)
- Identify the four food groups

What are the three levels of fitness activities?

- Low active activities. These activities are not considered to be fitness. In fact some may be non-active. Examples: *watching television, reading a book or magazine, taking a nap, etc.*
- Moderate active activities. These activities have some degree of body movement to them. Examples include: *bowling, gardening, walking, etc.*
- High active activities. These activities require major body movement. Examples include: *tennis, running, gymnastics, football, etc.*

What are the benefits of physical fitness?

The benefits of fitness are endless. All people can benefit from participating in fitness activities. Fitness activities can build muscles and bones, decrease blood pressure, decrease fat, increase flexibility, decrease chance for disease and illness, promote positive mood, and decrease stress and anxiety. These are just a few of its benefits. There are many more. You may be more likely to start a fitness activity program by understanding the benefits of physical fitness.

What are the four food groups?

Doing fitness activities alone is not enough. People need to eat the right foods so they can have energy to participate in fitness activities. It is recommended that a person should eat 3 meals per day that include foods from all the food groups listed below. A person should also drink 8 cups of water per day to prevent dehydration.

- Milk. Examples: *milk, yogurt, cheese, ice cream, dairy products*
- Meat. Examples: *chicken, fish, turkey, ham, steak, etc.*
- Fruits and Vegetables: *apples, bananas, tomatoes, lettuce, etc.*
- Grains (breads): *bread, pasta, rice, cereal, etc.*

Activity P-2: Physical Fitness Checklist

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To identify need for physical fitness</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to determine participant's need for physical fitness activities.</p> <p>Process: Explain purpose of activity. Pass out supplies. Require participants to check off the appropriate answer for each statement. Tally scores. Add up all the answers checked yes in the first column and all the answers checked no in the second column. Determine which column had the most checks.</p>	<ol style="list-style-type: none"> 1. Do you feel your results are correct? Explain why. 2. What are your strengths? <i>Focus on lines you checked yes for answers.</i> 3. Share at least one of your personal strengths. 4. What areas do you need to improve upon? <i>Focus on lines you checked no for answers.</i> 5. Share at least one area of needed improvement. Even if you checked all yes, think of one area that you could benefit from improving. 6. What did you learn about yourself from this activity? 7. What are the consequences for not participating in any fitness activities?

SPECIAL CONSIDERATIONS
<ul style="list-style-type: none"> • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. • Provide assistance with tallying scores as needed.

Name: _____ Date: _____ Activity: P-2

Physical Fitness Checklist

Directions: Place a checkmark in column to identify your answer.

Physical Fitness	Yes	No
1. I perform stretches 5 out of 7 days		
2. I have a 30 min. workout 5 out of 7 days		
3. I go for a brisk walk 3 out of 7 days		
4. I do activities that require me to move a lot		
5. I am involved in a sport 3 out of 7 days		
6. I swim or bike ride once per week		
7. I take the stairs instead of the elevator		
8. I DO NOT smoke		
9. I feel that I get enough physical activity		
10. I get at least 8 or 9 hours of sleep at night		
<i>Add total answers checked yes and no.</i> TOTALS		
Nutrition	Yes	No
1. I eat fruits and vegetables every day		
2. I drink 8 cups of water every day		
3. I drink 2 or 3 cups of milk every day		
4. I DO NOT drink more than one cola every 2 or 3 days		
5. I do not eat sweets more than once every 2 or 3 days.		
6. I eat three balanced meals every day		
7. I feel that I have a healthy weight		
8. I eat healthy snacks: crackers, cheese, slice of turkey on bread, veggies or fruits.		
9. I feel that I eat healthy		
10. I eat 2 or 3 pieces of meat or for vegetarians: beans, seeds, peas or nuts.		
<i>Add total answers checked yes and no.</i> TOTALS		

Results

Physical Fitness	Nutrition
Mostly yes for physical fitness <ul style="list-style-type: none"> You may already have a good habit of physical activity 	Mostly yes for nutrition <ul style="list-style-type: none"> You may already have good, healthy eating habits.
Mostly no for physical fitness <ul style="list-style-type: none"> You probably need to start doing fitness activities to prevent disease or other health problems. 	Mostly no for nutrition <ul style="list-style-type: none"> You probably need to start eating better to prevent disease or other health problems.

Activity P-3: Physical Fitness Secret Code Activity

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To increase awareness of the benefits for participating in physical fitness activities</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to increase awareness of the benefits for fitness.</p> <p>Process: Explain purpose of activity. Pass out supplies. Require participants to complete secret code activity independently. Answer questions aloud as part of group at end of session.</p>	<ol style="list-style-type: none"> 1. What was the purpose of this activity? 2. Require participants to share benefits they already have. 3. Require participants to share benefits they would like to have. 4. What did you learn about yourself?

SPECIAL CONSIDERATIONS	ANSWERS
<ul style="list-style-type: none"> • Make copies on bright colored sheets to enhance creativity. • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. • Provide younger participants with children's dictionary. • Explain words as needed. 	<p>Benefits of Fitness</p> <ul style="list-style-type: none"> • <i>Live longer</i> • <i>Sleep better</i> • <i>Feel positive</i> • <i>Strong muscles</i> • <i>Less lonely and shy</i> • <i>Lose weight</i> • <i>Strong bones</i> • <i>Better self-esteem</i> • <i>Reduce depression</i> • <i>Better blood pressure</i> <p><i>*Note: There are many more benefits to fitness.</i></p>

Name: _____ Date: _____ Activity: P-3

Physical Fitness Secret Code Activity

Directions: Write the letter for each number to solve the answer.

1	2	3	4	5	6	7	8	9	10	11	12	13
A	B	C	D	E	F	G	H	I	J	K	L	M

14	15	16	17	18	19	20	21	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Benefits of Physical Fitness

12 - 9 - 22 - 5 12 - 15 - 14 - 7 - 5 - 18

19 - 12 - 5 - 5 - 16 2 - 5 - 20 - 20 - 5 - 18

6 - 5 - 5 - 12 16 - 15 - 19 - 9 - 20 - 9 - 22 - 5

19 - 20 - 18 - 15 - 14 - 7 - 5 - 18 13 - 21 - 19 - 3 - 12 - 5 - 19

12 - 5 - 19 - 19 12 - 15 - 14 - 5 - 12 - 25 1 - 14 - 4 19 - 8 - 25

12 - 15 - 19 - 5 23 - 5 - 9 - 7 - 8 - 20

19 - 20 - 18 - 15 - 14 - 7 - 5 - 18 2 - 15 - 14 - 5 - 19

2 - 5 - 20 - 20 - 5 - 18 19 - 5 - 12 - 6 - 5 - 19 - 20 - 5 - 5 - 13

18 - 5 - 4 - 21 - 3 - 5 4 - 5 - 16 - 18 - 5 - 19 - 19 - 9 - 15 - 14

2 - 5 - 20 - 20 - 5 - 18 2 - 12 - 15 - 15 - 4 16 - 18 - 5 - 19 - 19 - 21 - 18 - 5

- What other benefits do you get from doing physical activities?

Activity P-4: Physical Fitness Word Search Puzzle

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To increase familiarization of fitness activities</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to increase awareness of different fitness activities.</p> <p>Process: Explain purpose of activity. Pass out supplies. Require participants to find words on word search puzzle. Answer question at bottom of page.</p>	<ol style="list-style-type: none">1. What was the word search puzzle about?2. What fitness activities do you do?3. What fitness activities would you like to try?4. What did you learn from this activity?5. Why do you feel it is important to participate in fitness activities?6. What are the consequences for not participating in fitness activities?

SPECIAL CONSIDERATIONS

- Assign partners in groups of two. See which group completes the puzzle first.
- Reward person or persons who finished first with applause.
- Make copies on bright colored sheets to enhance creativity.
- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Provide younger participants with children's dictionary.
- Explain words as needed.

Name: _____ Date: _____ Activity: P-4

Physical Fitness Word Search Puzzle

Directions: Find all hidden words listed below in word search puzzle below. Words can go forward, backwards, or diagonal.

- | | | | | |
|--------------|------------|----------------|---------------|-------------|
| Baseball | Exercise | Hiking | Rugby | Soccer |
| Basketball | Football | Ice Skating | Running | Swimming |
| Bike riding | Frisbee | Inline Skating | Rock climbing | Volley ball |
| Cheerleading | Golf | Lacrosse | Skateboarding | Yoga |
| Dancing | Gymnastics | Tennis | Softball | Walking |

L	L	A	B	Y	E	L	L	O	V	P	O	I	U	Y	T	R	E	I
G	N	I	D	R	A	O	B	E	T	A	K	S	W	E	O	W	Q	C
W	X	R	J	S	B	M	I	B	P	D	N	Y	R	S	P	L	R	E
E	C	Y	M	C	O	O	K	O	E	H	E	N	U	T	L	P	T	S
R	I	N	L	I	N	E	S	K	A	T	I	N	G	A	I	A	O	K
S	V	U	L	V	B	M	S	S	L	A	E	I	B	N	U	F	Y	A
C	B	O	P	G	Y	M	I	T	E	N	R	T	Y	O	T	R	U	T
I	N	L	O	Y	N	Y	R	I	T	Y	E	R	S	B	U	K	I	I
T	M	J	G	N	I	D	I	R	E	K	I	B	A	R	Y	S	O	N
S	L	G	I	G	E	A	H	C	S	O	G	L	E	T	T	A	P	G
A	J	F	Y	O	N	E	C	A	D	T	L	V	U	H	R	G	L	U
N	G	S	U	L	L	A	B	E	S	A	B	A	O	S	E	N	K	Y
M	D	A	T	F	A	D	Y	S	A	S	N	B	M	O	W	I	M	P
Y	A	W	R	J	O	D	M	C	I	E	Y	C	Y	U	Q	N	N	O
G	Q	R	E	C	C	O	S	H	C	R	H	H	I	K	I	N	G	L
T	E	S	I	N	N	E	T	A	G	E	F	A	E	N	K	U	B	A
Y	T	G	W	M	D	Y	M	B	E	E	D	O	K	Y	G	R	V	B
U	U	H	Q	K	Y	C	I	R	A	A	G	O	Y	H	L	N	C	G
I	W	J	A	L	N	A	L	D	O	L	O	N	C	E	M	D	X	N
O	A	K	N	P	N	E	J	H	D	N	L	L	I	A	N	R	Z	I
P	L	L	A	L	A	C	R	O	S	S	E	D	M	M	O	E	A	N
L	K	P	N	D	E	X	E	R	C	I	S	E	L	S	M	C	S	O
K	I	O	I	O	U	R	E	A	Y	A	B	S	O	T	W	I	D	I
J	N	N	B	I	B	A	G	N	I	C	N	A	D	W	T	R	W	T
H	G	N	I	B	M	I	L	C	K	C	O	R	H	E	S	E	A	S

- Which fitness activities do you already do?

- Which new fitness activities are you interested in trying?

Activity P-5: Physical Fitness Crossword Puzzle

Instructor's Guide

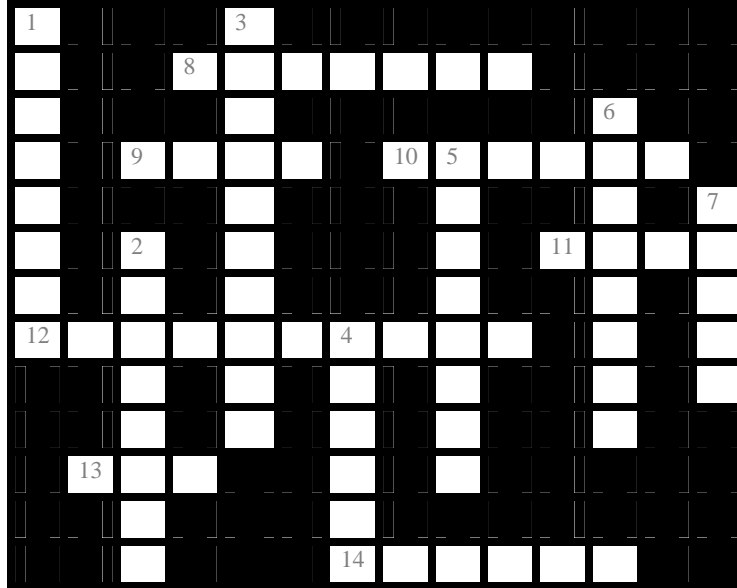
ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To increase awareness of physical fitness activities</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to increase physical fitness activities with use of crossword puzzle.</p> <p>Process: Explain purpose of activity. Pass out supplies. Require participants to complete crossword puzzle independently. Answer questions aloud as part of group at end of session</p>	<ol style="list-style-type: none"> 1. What was the purpose of this activity? 2. What did you learn from this activity? 3. Answer questions from crossword puzzle allowed as a group. 4. Require participants to share physical fitness activities that they already do. 5. Ask participants to share fitness activities that they would like to start doing.

SPECIAL CONSIDERATIONS	ANSWERS
<ul style="list-style-type: none"> • Copy activity on transparent page. Complete activity on overhead projector with group. • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. • Provide younger participants with children's dictionary. • Explain words as needed. 	<p style="text-align: center;">Down</p> <ol style="list-style-type: none"> 1. <i>Swimming</i> 2. <i>Jump rope</i> 3. <i>Basketball</i> 4. <i>Tennis</i> 5. <i>Exercise</i> 6. <i>Aerobics</i> 7. <i>Dance</i> <p style="text-align: center;">Across</p> <ol style="list-style-type: none"> 8. <i>Walking</i> 9. <i>Bike</i> 10. <i>Center</i> 11. <i>Yoga</i> 12. <i>Gymnastics</i> 13. <i>Jog</i> 14. <i>Soccer</i>

Name: _____ Date: _____ Activity: P-5

Physical Fitness Crossword Puzzle

Directions: *Identify correct fitness activity and write in spaces below.*



Down

1. An exercise, which you travel through water by rotating your arms and kicking your legs back and fourth.
2. An exercise, which you swing a rope over your head and jump over after the rope comes back down again.
3. An active game, which you run, dribble a ball and must throw it into a hoop to score points.
4. An active game, which you use a rack to hit a ball over a net to your opponent.
5. Using your muscles to keep strong and fit.
6. Exercises, which you move your body and are still able to talk without gasping for air.
7. Moving your feet to the beat of music.

Across

8. An exercise, which you use your feet to travel
9. An exercise, which has two wheels that you travel with by pushing pedals with your feet.
10. A place where a person can go to use exercise equipment to keep in shape.
11. Exercises, which help you to control your body as well as improve spirituality and mental well-being while listening to music and while using breathing techniques.
12. A sport, which requires you to use strength, balance, agility, and movement.
13. An exercise, which is a slow pace of running.
14. A game, which two teams of 11 players run and try to kick a ball into the opponents goal to score a point.

Aerobics	Basketball	Bike	Center	Dance	Exercise	Gymnastics
Jog	Jump rope	Soccer	Swimming	Tennis	Walking	Yoga

Activity P-6: Physical Fitness Matching Activity

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
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Objective: To increase awareness of the different levels of activity

Supplies: One copy of activity found on next page and one pencil for each participant.

Group Size: 2 to 10 members

Introduction: Purpose of activity is to increase awareness of different levels of fitness participation.

Process: Explain purpose of activity. Pass out supplies. Require participants to independently complete matching activity. Answer questions aloud as part of group at end of session

1. What was the purpose of this activity?
2. What types of activities would a person need to do for a good fitness activity program?
Answer: A good mix of moderate and high active activities.

SPECIAL CONSIDERATIONS	ANSWERS
------------------------	---------

- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Provide younger participants with children's dictionary.
- Explain words as needed.
- Allow participants to use activity sheet P-1 for assistance.

- | | |
|------------------------------|-------------------------|
| 1. Gardening, M. | 16. Photography, L. |
| 2. Watching T.V., L | 17. Cheerleading, H. |
| 3. Bowling, M. | 18. Gymnastics, H. |
| 4. Running, H. | 19. Swimming, H. |
| 5. Walking, M. | 20. Jump Rope, H. |
| 6. Tennis, H. | 21. Sleeping, L. |
| 7. Reading, L. | 22. Golf, M. |
| 8. Movie theater, L. | 23. Exercise, H. |
| 9. Arts and crafts, L. | 24. Light stretches, M. |
| 10. Baseball, H. | 25. Birdhouse, M. |
| 11. Bike riding, H. | 26. Stair climbing, H. |
| 12. Huntington, M. | 27. Flying a kite, M. |
| 13. Fishing, M. | 28. Dancing, H. |
| 14. Jig saw puzzle, L. | 29. Playing games, L. |
| 15. Drama/
Performance, M | 30. Table tennis, M. |

**Note: Some answers may be different for elderly or persons with a disability.*

Name: _____ Date: _____ Activity: P-6

Physical Fitness Matching Activity

Directions: Write the letter that best matches each activity.

Write letter “H” for high-active activities. For example: *Tennis, running, football*

Write letter “M” for moderate active activities. For example: *walking, stretches, bowling*

Write letter “L” for low or non-active activities. For example: *watching T.V, sleeping*

- | | |
|-----------------------------|-------------------------------|
| 1. _____ Gardening | 16. _____ Photography |
| 2. _____ Watching T.V. | 17. _____ Cheerleading |
| 3. _____ Bowling | 18. _____ Gymnastics |
| 4. _____ Running | 19. _____ Swimming |
| 5. _____ Walking | 20. _____ Jump rope |
| 6. _____ Tennis | 21. _____ Sleeping |
| 7. _____ Reading | 22. _____ Golf |
| 8. _____ Movie theater | 23. _____ Exercise |
| 9. _____ Art and crafts | 24. _____ Light Stretches |
| 10. _____ Baseball | 25. _____ Building birdhouses |
| 11. _____ Bike riding | 26. _____ Stair climbing |
| 12. _____ Hunting | 27. _____ Flying a kite |
| 13. _____ Fishing | 28. _____ Dancing |
| 14. _____ Jig saw puzzle | 29. _____ Playing video games |
| 15. _____ Drama/ Performing | 30. _____ Table Tennis |

- Do you think your answers would be different if you were answering this for a person who is elder, in a wheelchair or disabled? Explain why.

Activity P-7: Physical Fitness Collage

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To identify physical fitness activities</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant. Provide students with scissors, paste, magazines, colored pencils, markers, and crayons.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to increase awareness of physical fitness activities.</p> <p>Process: Explain purpose of activity. Pass out supplies. Require participants to cut out pictures from magazines as described on activity page. Paste pictures in appropriate space. Draw pictures if none can be found or if magazines not available.</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. What did you learn about yourself?3. What were the facial expressions of people who were doing fitness activities in your pictures?4. What types of body movements did you notice in the pictures?5. Why is it important to participate in fitness activities?6. Where can you go to do fitness activities?7. Which of these activities have you not participated in before?

SPECIAL CONSIDERATIONS

- Make copies on bright colored sheets to enhance creativity.
- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Explain words as needed.

Name: _____ Date: _____ Activity: P-7

Physical Fitness Collage

Directions: *Cut out pictures from magazines and paste on shapes below.
Draw pictures if you can't find any in magazines.*

Somebody taking stairs

Your favorite sport

Any Sport

Dancing Gymnastics or Aerobics

Sport that you have not done.

Exercising	Walking	Running

Activity P-8 Physical Appearance

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To understand concepts of self-care</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to increase awareness skills a person needs to promote their best physical appearance.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain directions as described on the next page.</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. Why is it important to have good physical appearance? <i>Feel good about yourself and demonstrates self-worth.</i>3. What did you learn about yourself?4. What areas of physical appearance do you not have control over? <i>Skin color, eye color, or the shape of ears and nose.</i>5. What areas of physical appearance do you have control over? <i>A person is able to keep clean, brush teeth, smile, keep a neat haircut, keep nails clipped, wear clean clothes, etc.</i>

SPECIAL CONSIDERATIONS

- Suggest participants to use this checklist prior to getting ready for the day.
- Make copies on bright colored sheets to enhance learning.
- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Explain words as needed.

Name: _____ Date: _____ Activity: P-8

Physical Appearance

Always make a good impression and look your best.

Directions: Place a checkmark beside each question that you have done for the day.

Physical Appearance	Check
• Have you had a haircut (as needed montly)?	
• Have you brushed your teeth today?	
• Did you floss your teeth today?	
• Have you washed your hair with shampoo?	
• Have you washed your face with soap and water?	
• Have you washed all your body parts with soap and water?	
• Did you comb or brush your hair neatly?	
• Have you shaved (as needed)?	
• Have you used deodorant?	
• Have you clipped your fingernails (as needed)?	
• Have you clipped your toenails recently (as needed)?	
• Are you wearing clean underwear?	
• Are you wearing clean clothes?	
• Do your clothes match?	
• Are you wearing good, clean shoes?	
• Do you stand with good posture?	
• Do you smile often?	
• Do you always try to look your best?	

If you checked at least 15 of these then you probably take care of your appearance.

1. Why do you think it is important to have a good appearance?

2. Do you feel good about the way your look? _____

3. Take responsibility for what you have control over and accept what you cannot change. For example: You have control to keep your skin and body clean. However you must accept your skin color, the size of your nose or if you have freckles or not.

4. List parts of your physical appearance that you do have control over?

Activity P-9 Fun Ways to Stay Fit

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To increase awareness of physical fitness activities</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to increase awareness of physical fitness activities that a person could do during their leisure time.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain directions as described on next page.</p>	<ol style="list-style-type: none"> 1. What did you learn from this activity? 2. Why is it important to do fitness activities? 3. Why is it important to do activities that you think are fun? <i>A person is more likely to stick to a fitness plan if they do activities they enjoy.</i> 4. What might happen if you continue to do the same fitness activities and never try new ones? <i>A person may become bored with doing the same activities over time. Some muscles may not be worked.</i>

SPECIAL CONSIDERATIONS	RECOMMENDATION
<ul style="list-style-type: none"> • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. • Explain words as needed. • Explain to participants that any activities on the sheet where they checked all three columns could be a good fitness activity for them to start doing. • Require participants to use highlighter and highlight rows they checked all three columns. 	<p>Naturally a fitness program needs to be provided for participants besides simply providing activity sheets.</p>

Name: _____ Date: _____ Activity: P-9

Fun Ways to Stay Fit

Directions: Place a checkmark in the column for each activity that you answer “yes” to.

Activity	Have you done this activity before?	Would you like to do this activity?	Would this activity keep you fit?
Badminton			
Baseball			
Basketball			
Bike Riding			
Catch			
Cheerleading			
Dancing			
Exercising			
Football			
Frisbee			
Gymnastics			
Golf			
Hiking			
Ice Hockey			
Ice Skating			
Inline Skating			
Karate			
Kickball			
Lacrosse			
Table Tennis			
Nature Walk			
Rugby			
Running			
Rock Climbing			
Skateboarding			
Softball			
Soccer			
Surfboarding			
Swimming			
Track			
Speed Walking			
Volleyball			
Yoga			
Wakeboarding			
Walking			
Other:			

Activity P-10 Physical Fitness and Nutrition

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To increase awareness of a healthy diet that a person needs for starting a physical fitness program and to plan a diet for one week</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to increase awareness of healthy eating habits that a person needs for starting a fitness program and to create a diet plan for one week.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain directions as described on the next page.</p>	<ol style="list-style-type: none"> 1. What was the purpose of this activity? 2. Why is it important to eat healthy foods? <i>To get energy.</i> 3. Why should you speak to a doctor before starting a fitness and diet program? <i>To plan the best diet for you.</i> 4. What could happen if you did not eat enough of the right foods? <i>You may not get enough nutrients from the foods and become weak and possibly get an illness.</i> 5. What might happen if you ate too many sweets and ignored healthy foods? <i>May become overweight, have high blood pressure, and may increase chances for disease, illness or disability.</i>

- SPECIAL CONSIDERATIONS**
- Provide participant with a copy of the school, hospital, or facility menu prior to completing this activity.
 - Allow use of colored pencils for creativity.
 - Provide one-on-one assistance with participants as needed.
 - Explain words as needed.

Name: _____ Date: _____ Activity: P-10

Physical Fitness and Nutrition

Directions: Read the tips for a healthy diet. Plan a healthy diet for one week on the chart below.

Tips for a healthy diet

- Talk to your doctor about choosing a diet that is best for you.
- Choosing the right foods will give you energy.
- Choosing the right foods will promote a positive mood.
- Eat 3 healthy meals a day
- Eat candy, sweets, and salt on rare occasions.

- Eat foods from all food groups during each meal.
 - Milk and Dairy
 - Meat
 - Fruits and Vegetables
 - Grains (breads)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
<i>Healthy Snack</i>	<i>Healthy Snack</i>	<i>Healthy Snack</i>	<i>Healthy Snack</i>	<i>Healthy Snack</i>	<i>Healthy Snack</i>	<i>Healthy Snack</i>

Activity P-11 Diet Plan

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
Objective: To keep track of eating habits and plan better eating habits	<ol style="list-style-type: none">1. What was the purpose of this activity?2. What did you learn about yourself?3. What changes would you like to make to your diet?4. Why would these diet changes be good for you?
Supplies: One copy of activity found on next page and one pencil for each participant.	

Group Size: 2 to 10 members

Introduction: Purpose of activity is to increase awareness of your current eating habits to start eating healthier.

Process: Explain purpose of activity. Pass out supplies. Explain directions as described on next page.

SPECIAL CONSIDERATIONS

- Provide each participant with several copies of next page and folder to keep them.
- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Explain words as needed.

Name: _____ Date: _____ Activity: P-11

Diet Plan

Directions: *Keep a record of your daily diet below. Complete this chart every day for one week. Try to eat the recommended foods that are listed on this plan.*

Breakfast	
<i>2 breads</i>	
<i>1 fruit</i>	
<i>1 egg or bacon</i>	
<i>1 cup of 2% milk</i>	
Lunch	
<i>2 oz. meat</i>	
<i>2 veggies</i>	
<i>1 bread or 1 potato</i>	
<i>1 sugar free drink</i>	
Dinner	
<i>2 oz. meat</i>	
<i>2 veggies</i>	
<i>1 bread or 1 potato</i>	
<i>1 fruit</i>	
<i>1 cup of 2% milk</i>	
Evening Snack	
<i>Peanut butter</i>	
<i>1 veggie</i>	
<i>1 fruit</i>	
<i>1 cup of 2% milk</i>	

• Drink 8 cups of water per day:

• Did you eat the right foods above? Did you eat any sweets?

• How could you do better at eating the right foods tomorrow?

Name: _____ Date: _____ Activity: P-12

Physical Fitness and Muscle Relaxation

Directions: *Perform muscle relaxation exercises below. For best results have the instructor to read it and demonstrate exercises.*

- Sit in your chair with your back at a 90° angle with both feet on floor
- Wiggle your toes up and down ten times.
- Raise your legs in front of you, then point your toes away from you and then point them towards you. Repeat process ten times.
- Rotate your feet at the ankles in a circular motion ten times.
- Place both feet on the floor and then raise your feet as high as you can then bring your feet back to the floor. Repeat process ten times.
- Lay left arm on an armrest or table. *Leave your arm on the armrest* and simply raise your hand to form a stop sign. Next, allow your hand to dangle off the armrest. Repeat process ten times.
- Repeat above steps with right arm
- Lay left arm on an armrest or table. Leave your arm on the armrest and simply rotate your hand at the wrist in a circular motion ten times.
- Repeat above steps with right arm.
- Stretch both arms out in front of you. Rotate both arms in an inward circular motion at your shoulders ten times. Repeat process rotating in an outward circular motion ten times.
- Allow both of your arms to dangle to your sides. Raise both arms above your head in the form you would when performing jumping jacks. Then allow arms to slowly go back to dangling on sides. Repeat process ten times.
- Raise one arm at a time above your head as if you are picking imaginary apples off of a tree and then placing them into an imaginary bucket in front of you ten times.
- Raise your left knee as far up as you can and then place your foot back on the floor. Repeat process with right knee ten times.
- Raise your right arm as if grabbing a ladder and raise your right leg to step on a ladder. Bring both right arm down and right leg down to floor at the same time. Perform the same step with your left arm and leg. Continue climbing an imaginary ladder ten times.
- Raise your head to look at the ceiling. Next bring your face down so that your chin touches the top part of your chest. Continue process ten times.
- Rotate head in a circular motion in one direction ten times.
- Rotate head in the opposite circular motion ten times.

Activity P-13 Ten Commandments for Fitness

Adapted from Andrew Sedden's chapter in *Staying Fit After Forty*
Instructor's Guide

ACTIVITY **DISCUSSION QUESTIONS**

Objective: To increase awareness your capabilities for fitness

Supplies: One copy of activity found on next page and one pencil for each participant.

Group Size: 2 to 10 members

Introduction: Purpose of activity is to increase awareness of personal capabilities for fitness.

Process: Explain purpose of activity. Pass out supplies. Explain directions as described on next page.

1. What was the purpose of this activity?
2. What limitations do you have?
3. What is your sport or activity?
4. What are your goals?
5. What did you learn about yourself from this activity?

SPECIAL CONSIDERATIONS

- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Explain words as needed.

Name: _____ Date: _____ Activity: P-13

10 Commandments for Fitness

Adapted from Andrew Sedden's chapter in *Staying Fit After Forty*

1. **Recognize the limitations of your body.** List any limitations or disabilities that you may have.

2. **Know your goals.** Describe your fitness goal? Are you doing it to get in shape, lose weight, increase flexibility, have better health, etc?

3. **Know your body in detail.** What is your physical strength? What is something you need to improve on?

4. **Know your sport.** What sport of fitness activity do you plan to start? What does it require you to do such as run, kick, etc?

5. **Prepare.** What do you need to do to prepare for your fitness activity? What doctor could you talk to? What warm-up exercises should you do?

6. **Know the most common injuries.** What kind of injuries could you receive from doing this sport or physical activity?

7. **Know the cure.** Prepare for injury. What types of treatment would you need for possible injury as discussed in last question?

8. **Do not ignore an injury.** If you get hurt, do not keep it a secret and try to heal yourself. List professionals and their names if available of people who can help if you get hurt, i.e. doctor, nurse, etc?

9. **Seek out expert advice.** Who is an expert in this physical fitness activity or somebody who already does it? What magazines and books could you purchase to teach you more about your sport of fitness activity?

10. **Have fun.** Is this something that will be fun and enjoyable? _____

Activity P-14 Physical Fitness and Adaptive Techniques

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To increase awareness of adaptive techniques for people who have disability</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to increase awareness of adaptive techniques and fitness opportunities for people who have disability.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain directions as described on next page.</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. Can fitness help all people? <i>Yes.</i>3. Do all people have the right to participate in fitness activities? <i>Yes.</i>4. What types of fitness activities are good for young children?5. What types of fitness activities are good for the elderly?6. What types of fitness activities are good for people in wheelchair bound?

SPECIAL CONSIDERATIONS
<ul style="list-style-type: none">• Allow use of colored pencils for creativity.• Provide one-on-one assistance with participants as needed.• Explain words as needed.

Name: _____ Date: _____ Activity: P-14

Physical Fitness and Adaptive Techniques

Directions: Write the best answers for each question below in the spaces provided. Work with a partner to think of answers.

All people can benefit from physical fitness.

- What types of fitness activities would be good for an individual who is in a wheel chair?

- What types of fitness activities would be good for young children?

- What types of fitness activities would be good for adults?

- What types of fitness activities would be good for the elderly?

- What types of fitness activities would be good for an individual who is blind?

- What types of fitness activities would be good for an individual who is deaf?

Activity P-15 Physical Fitness Pros and Cons

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
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Objective: To compare the benefits of physical fitness to the consequences of not doing fitness activities

Supplies: One copy of activity found on next page and one pencil for each participant.

Group Size: 2 to 10 members

Introduction: Purpose of activity is to compare the benefits of physical fitness to the consequences of not doing any fitness activities.

Process: Explain purpose of activity. Pass out supplies. Explain directions as described on the next page.

1. What was the purpose of this activity?
2. What did you learn about yourself?
3. What are the benefits of participating in physical fitness activities?
4. What are the consequences for not doing any fitness activities?
5. How can you use what you learned in this activity to help you?

SPECIAL CONSIDERATIONS	ANSWERS
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- Draw chart found on next page on a poster board, dry erase board or chalkboard. Allow participants to write answers on board one at a time.
- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Explain words as needed.

- **Answers may vary**
- **Benefits**
 - *Stay in shape*
 - *Stronger bones and muscles*
 - *Increased flexibility*
 - *Decrease blood pressure*
 - *Improve circulation*
 - *Improve positive feelings*
 - *Decrease depression, stress and anxiety.*
 - *Less likely to be shy*
- **Consequences**
 - *Overweight*
 - *High blood pressure*
 - *More illness*
 - *More likely to get disease*
 - *More likely to have a stroke or heart attack*
 - *Decreased flexibility*

Name: _____ Date: _____ Activity: P-15

Physical Fitness Pros and Cons

Directions: *List benefits of physical fitness and consequences of not doing fitness activities below. Work with your group members and share answers.*

List benefits of physical fitness below	List consequences from not doing physical fitness activities below
Example: <i>Stronger muscles</i>	Example: <i>Smaller muscles</i>

- Do you think it is important to do fitness activities? Explain why below.

Activity P-16 Physical Fitness Goal Planning

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To increase goal-planning skills and to increase physical fitness</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to increase goal-planning skills and to increase physical fitness.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain directions as described on the next page.</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. Allow participants to read their goal aloud. <i>People are more likely to reach goals if they are read aloud to others.</i>3. What did you learn about yourself from this activity?4. Who could you do fitness activities with? <i>People are more likely to stick to a fitness program if they have someone who will do it with them.</i>

SPECIAL CONSIDERATIONS
<ul style="list-style-type: none">• Allow use of colored pencils for creativity.• Provide one-on-one assistance with participants as needed.• Explain words as needed.

Name: _____ Date: _____ Activity: P-16

Physical Fitness Goal Planning

Directions: Read the tips for starting a fitness program below. Complete the goal card at the bottom of the page.

Tips to stick to a plan.

- Do fitness activities that you enjoy.
- Plan 30 minutes a day that you can dedicate to your fitness activity.
- Start out small and work your way to harder things.
- Plan a party to reward yourself when you meet your goal.
- Do fitness activities with a friend. You are more likely to stick to it that way.
- Try different activities so you won't get bored. For example if you swim a lot, try biking or walking for a change.



GOAL CARD

I, _____ will _____
(your name) (list any fitness activity that you enjoy)

for 30 minutes _____ days a week by _____.
(3 to 5) (date)

Complete another goal card after you meet this goal. Set higher standards. Increase the minutes or the times you do fitness activities per week.

What time of day will I do this?

Who could you do this fitness activity with?

Sign: _____

Today's Date: _____

Witnessed by: _____

Date that you met goal: _____

Activity P-17 Physical Fitness and Exercise

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To keep record of participation in exercise program based on goal from activity worksheet P-16</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. How can keeping this record help you? <i>It will show your progress. It could help you keep track of what you are doing or have not yet done.</i>
<p>Supplies: One copy of activity found on next page and one pencil for each participant.</p>	
<p>Group Size: 2 to 10 members</p>	
<p>Introduction: Purpose of activity is to keep record of participation in fitness activities to help participant to determine if he or she has met goal from activity worksheet P-16.</p>	
<p>Process: Explain purpose of activity. Pass out supplies. Require participants to list as many activities as they can think of on the swirl.</p>	

SPECIAL CONSIDERATIONS
<ul style="list-style-type: none">• Provide each participant with several copies of next page and folder to keep copies in.• Allow use of colored pencils for creativity.• Provide one-on-one assistance with participants as needed.• Explain words as needed.

Activity P-18 Physical Fitness Evaluation

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To demonstrate awareness of physical fitness activities, benefits of fitness and tips for a healthy diet</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 members</p> <p>Introduction: Purpose of activity is to demonstrate awareness of physical fitness activities, benefits of fitness and tips for a healthy diet.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain directions as described on next page.</p>	<ol style="list-style-type: none"> 1. What was the purpose of this activity? 2. What is one fitness activity that you put on your list? <i>Ask each participant this same question until the group has heard at least ten different answers.</i> 3. What is one benefit of physical fitness? <i>Ask each participant this same question until the group has heard at least ten different answers.</i> 4. What are tips for a healthy diet? <i>Ask each participant this same question until the group has heard at least five different answers.</i>

SPECIAL CONSIDERATIONS	ANSWERS
<ul style="list-style-type: none"> • Allow participant to use previous activity worksheets for assistance. • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. • Explain words as needed. 	<ul style="list-style-type: none"> • Answers will vary from participant to participant.

Name: _____ Date: _____ Activity: P-18

Physical Fitness Evaluation

Directions: *List appropriate answers in spaces provided.*

- **List ten fitness activities**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- **List ten benefits of physical fitness**

- **List five tips for a healthy diet**

- **List five ways to have good physical appearance.**

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