



Exercise 1a

Which **ACTIVITY** have you done when you last moved for more than 30 minutes?

Moderate

Vigorous

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Exercise 1b

Find out whether the following reasons for not being **ACTIVE** are true or excuses!

Response

Reason?

Why?

"It's easier to sit around"

"There is no equipment or place to do it"

"There is no time"

"I don't know what to do"

"My friends and family are not physically active"

"I am embarrassed"

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Exercise 2a

What effects does physical **ACTIVITY** have?

Physical

Social

Emotional

Mental

Exercise 2b

What effects does physical **INACTIVITY** have?

Consequences

