

Lesson 1 ♥ A Balanced Life - Worksheet 1



Names: _____ Date: _____ Pd: _____

Brainstorming: Physical Activities

Outdoor Activities

- running _____
- jogging _____
- tennis _____
- bike riding _____
- pushing a lawn mower _____
- skateboarding _____
- washing and waxing a car _____

Indoor Activities

- shooting baskets _____
- sweeping _____
- gymnastics _____
- vigorous dancing _____
- push-ups _____
- _____
- _____
- _____
- _____

Your local parks and recreation department offers low-cost physical activity programs for teens. Visit their website to check out fitness opportunities and special events.

