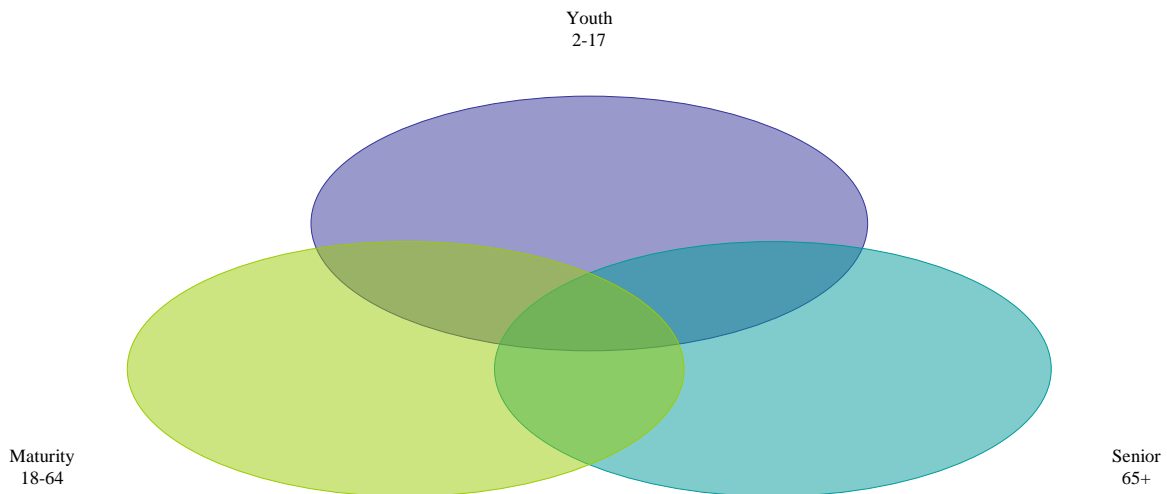


Healthy Living 1200: Unit 1: Active Living
Portfolio Assignment #1

1. Generate a list of health related concerns that are of interest or are important to young people today.

2. What do you want to learn about and do in this course? List five physical activities that you would like to participate in this course. Circle your top three choices.

3. Create a Venn diagram organizing a variety of physical activities which a person may do at different stages of life: youth, maturity, and as a senior.



4. What are three things that would prevent or deter people from participating in physical activity throughout their lifetime?

7. In your own words define the term **physical fitness**.
