

WHAT DO YOU KNOW ABOUT FITNESS?

1. What did the survey reveal about your current habits? What did it reveal about your knowledge of fitness?

2. The page you were taken to when you clicked “Continue” contains a table with two columns. Which of the items listed in “Health Status Now” describe you at present?

3. What future diseases and health problems might you face if you fail to take action to reduce current fitness-related risks to your health?

4. Examine the chart labeled “Calories Used In Various Physical Activities” found on the following page of the site. Which of the activities listed do you enjoy doing? How many calories would this activity burn per minute in your case?

5. How can you learn about other activities that might help you reach or maintain a weight that is healthful for you?
