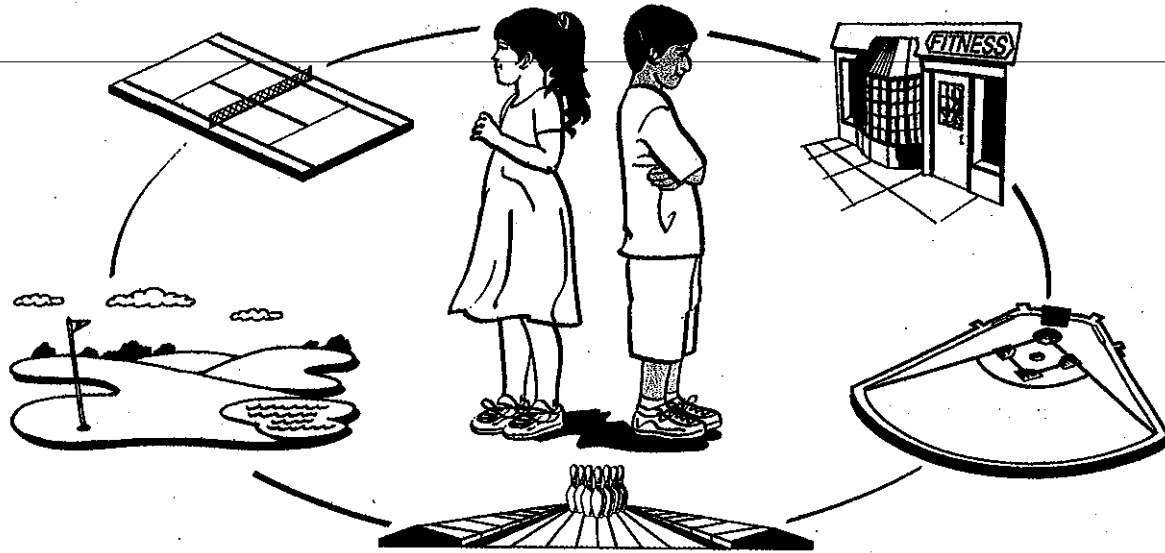


Name: _____ Date: _____

This Is Your Community



Make a list of all community resources that are available for you to use when working on your health and fitness goals (e.g., fitness clubs, YMCA, golf courses, bowling centers, city parks, and recreation departments). If there are barriers to using these resources, list them and determine how to overcome the barriers.

| Name of resource | Type of service | Address | Phone number |
|----------------------------------|--|----------------------|--------------|
| Example: Shape Up Fitness Center | Weight equipment and various group fitness classes | 2273 Black Lake Road | 555-1234 |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

LEVEL 6-QUESTIONS FOR ACTIVITIES

NAME _____

PERIOD _____

1) List 20 things you can do outside of P.E. class to enhance your fitness.

- | | | | |
|----|-----|-----|-----|
| 1. | 6. | 11. | 16. |
| 2. | 7. | 12. | 17. |
| 3. | 8. | 13. | 18. |
| 4. | 9. | 14. | 19. |
| 5. | 10. | 15. | 20. |

2) List 5 activities that you can do at the recreation center.

- A)
- B)
- C)
- D)
- E)

3) What activity have you participated in outside of the regular school day? _____

When did you do this? _____