



High School

Name: _____

Date: _____

Body Budget & Exercise

Highlight which of the following activities is considered a moderate to vigorous exercise?

- Brisk walking
- Riding a bike
- Dancing
- Swimming
- Lifting weights
- Climbing stairs
- Playing basketball
- Roller skating or rollerblading
- Ice skating
- Participating in practice for an organized sport
- Yoga

Think honestly about your level of physical activity. Do you do at least one hour of moderate to vigorous activity each day? List examples of the activities below.

What areas of physical activity are you interested in learning more about?

What can you do to increase your level of physical activity?