

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Study Guide for “A Case for Fitness”

Directions: Answer the questions during and after viewing the **Power Point – A Case for Fitness**.

1. Compare the leading causes of death in 1900 to the current causes. What are the new causes of death, and what are they directly related to?
2. What are barriers to physical fitness and activity?
3. What are the benefits of physical fitness and activity?
4. Explain why fitness should be a lifetime **“road trip”**, instead of a one time destination?
5. Do you believe the statement that **“9 OUT OF 10 STUDENTS WHO LEAVE HIGH SCHOOL INACTIVE REMAIN INACTIVE FOR THE REST OF THEIR LIVES”**? Why or why not?