**Health Instructional Packet Form 6th-9th grade days 22-26**

**Directions:** This week we will focus on quick strenuous physical activity that can help in maintaining fitness and weight. Intense physical activity should be done a few times a week along with dieting to lose or maintain weight. Please select at least **2** of the following lifetime fitness activities **per day** for instructional packet days 17-21: **lift weights (or anything heavier 3 sets of 10), Sprint about 30 yards 4 times, 20-25 pushups (3 sets), play any outdoor sport such as soccer, or basketball 30 solid minutes, 2 sets of 40 sit-ups, leg lifts 3 sets of 3 seconds, 40 lunges, 2 sets of 40 jumping jacks.** Answer the following questions on a separate sheet of paper or submit through live grades for **each day** missed.

Describe how the intense physical activities positively impacted your physical health. In other words, did it help you feel sore, stronger after a few days? If so, why do you think you felt these ways?

Write down 1 meal that you ate today. Write down the fat amount of each food. You can find the number of calories by look at the side of the food box.

Would you recommend that other people engage in intense physical activity? Why?