



Name \_\_\_\_\_ Date \_\_\_\_\_  
Instructor \_\_\_\_\_ Section \_\_\_\_\_

## Which Physical Activities Work Best for You?

As you design your personal fitness program, think about the activities you currently enjoy most and least and about new activities you would like to try. Which can you incorporate into your program?

Answer the following questions in the spaces provided.

1. List the fitness/wellness activities in which you have participated or are currently participating.  
\_\_\_\_\_
2. Which of these activities did you enjoy the most? Why?  
\_\_\_\_\_
3. What are some new activities you might enjoy? (See the list at the end of the lab for additional options.)
4. What components of physical fitness do you think these activities affect? For instance, jogging improves cardiovascular fitness, whereas weight lifting increases muscular strength.
5. What areas of physical health would you like to improve? Can you think of any activities that would aid in this goal?

### Examples of Exercise and Physical Activity

- Walking or jogging on a treadmill
- Walking or cycling to work
- Cycling on an upright or recumbent exercise bike
- Walking, jogging, or cycling outdoors
- Zumba, kickboxing class, or martial arts
- Weight or resistance training
- Yoga
- Pilates
- Hiking
- Rock climbing
- Elliptical trainer
- Sport activities (e.g., soccer, basketball, tennis, racquetball)

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.