## Nutrition & Wellness for Life © 2012 Chapter 15: Fitness Advice—Writing Activity

Today, you are the fitness expert. It's your job to help five students with concerns they have about physical activity and health. Read what each student has to say below. Then write what you, as the advisor, would say or do to motivate or help each one.

## **Activity Questions:**

1. Abby says: "I hate sports, so I don't participate in any. I know I'm not physically fit like my friends who play volleyball and basketball, but I'm just not interested in doing those things."

2. Jake says: "I know I'm supposed to check my heart rate when I exercise, but I don't know how."

3. Samantha says: "Is it possible to work out too hard? How can I tell if that's what I'm doing?"

4. Ava says: "Every time I start exercising, it just doesn't last. I give it up and just go back to being a couch potato."

5. Nigel says: "Exercise makes me sore. That's why I don't do it very often."