

Teen Health Course 3

Chapter 9 Physical Activity and Fitness

VIDEO SUMMARY

In the video, you learned about some of the factors you should consider when creating a personal fitness plan. First, make exercise interesting and fun by choosing activities that you enjoy. Next, be sure to choose activities that are appropriate for your level of fitness. Finally, set realistic short-term goals that will help you achieve your long-term goal.

[Click here to watch video; 00:06:08](#)



Discussion Questions

1. According to the video, what should be included in a personal fitness plan?
A healthy eating plan; regular exercise; setting realistic short-term and long-term goals.
2. Explain how setting short-term goals can help you achieve your long-term goals.
Short-term goals allow you to measure your progress as you work toward meeting your long-term goal.
3. What resources are available to help you achieve your fitness goals?
Answers will vary but may include: community parks, gyms, and school fitness facilities.

Activity

OBJECTIVE

Students will set short-term and long-term fitness goals and chart progress as part of an overall fitness plan.

Skill Summary: Goal Setting; Practicing Healthful Behaviors

MATERIALS

- paper & pencil
- chart paper for fitness plan

PROCEDURES

1. As a class, brainstorm a list of long-term fitness goals.
2. Have each student pick a goal and identify three or more short-term goals that will help the student reach the long-term goal. Goals should be measurable and realistic.
3. Create personal and class fitness logs and chart students' progress weekly.

EXTENSION

Have students write a paragraph describing the process of meeting their fitness goals. Paragraphs should include challenges faced and advice about reaching goals successfully.

WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- Visit [Exercise Prescription on the Net](#) to calculate the number of calories expended with various forms of exercise.
- Go to [KidsHealth.org](#) for an interactive goal-planning tool in which goal-setting is modeled by real teens.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

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After you have watched the video, write your responses to these questions.

1. According to the video, what should be included in a personal fitness plan?

2. Explain how setting short-term goals can help you achieve your long-term goals.

3. What resources are available to help you achieve your fitness goals?
