

PROMOTING HEALTHY BEHAVIOUR AND ACTIVE LIVING

1. What does being healthy and living an active lifestyle look like to you?

2. List 5 specific benefits of living an active lifestyle and being healthy (place a number beside each one, ranking them in order of importance to you e.g. 1,2,3):
 - i.
 - ii.
 - iii.
 - iv.
 - v.

3. List 3 specific possible consequences of living an in-active lifestyle and not being healthy:
 - i.
 - ii.
 - iii.

4. How does today's society define health? Do you agree or disagree with it? Why?

5. How healthy do you consider yourself to be? Explain. Think about things such as your nutrition, healthy and unhealthy habits, sleep, adequate exercise, and information from the Fantastic Lifestyle and Stress Quiz.

6. List 3 choices **right now** that you can make to improve your own personal health:

- a.
- b.
- c.

7. In your opinion what is the most important factor necessary for a change in health behaviours to take place?

8. In your own words, write a personal statement about why you think living an active lifestyle is important. Explain why you think living actively is important specifically to you, think about things like what your fitness levels will look like when you are 20? 40? 60? Think about things you are already doing to live actively, and think about things you can change today to begin to live more actively. Share your thoughts in a paragraph below.