**What is Physical Activity?**

**Benefits of Physical Activity:**

**Finding a Balance**:

**How Much Exercise Do I Need?**

**Making Physical Activity:**

4 Components of Fitness:

Aerobic –

Muscular –

Flexibility –

Body Composition –

**Exercise Your Body & Mind:**

**Measuring Physical Activity Intensity – Target Heart Rate**

Maximum Heart Rate (MHR)

Target Heart Rate

220-36= 184 (MHR) 184 x .60 = **110** (low) 184 x .80 = **147** (high)

My range is 110 – 147 (60-80%) (18 – 24)

**Training Zones:**

Warm-up Zone: 50-60%

Fat Burning Zone: 60-70%

Aerobic Zone: 70-80%

Anaerobic Zone: 80-90%

Red Line Zone: 90-100%

**Steps to Fitness**

**Write Your Personal Fitness Goal**

Ok, Now What?

* Create an Action Plan: