**PHE Health Questions: Benefits of Exercise**

Name: Div.: Date:

Use <https://mrclhowe.weebly.com/physical-fitness.html> (Videos, infographics, Links, etc.) to answer the following:

1. Circle how beneficial do you believe being physically active is to your overall health.

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It’s good to be a little active

It’s super beneficial

It’s Not THAT Helpful

1. Use the links in Benefits of Exercise to describe three ways that participation in physical activities can influence one’s:
	1. Physical Health
	2. Mental Health
	3. Old Age
2. What are some sources of information to help with your health? (i.e. Where would you look? Who would you ask?)
3. List the ways playing sports benefits your brain and body from the Ted-Ed Video: “How playing sports benefits your body and your brain.”

|  |  |
| --- | --- |
| **Body** | **Brain** |
|  |  |

1. What are three possible problems associated with poor posture?
2. From the infographics, name one more way (that you haven’t listed yet) that exercise is beneficial:
3. Having read this information has your perspective on the benefits of physical activity increased? Why or Why not?
4. What effect does training each of the following components of physical fitness do to our body (why would you want to improve these)?
	1. Flexibility -->
	2. Cardiovascular -->
	3. Muscular strength/endurance -->