

Powering Your Body with Exercise

Final Assignment Instructions

In this lesson, you have learned that exercise causes changes in the body that can improve your overall physical and mental health. You will now write an essay that shares what you have learned and what you think about it. You will need a printout of your notes.

- **Choose** one of the topics below and **write** an essay.
- **Organize** your response so that it includes at least three supporting details that you have learned from the reading passage, videos, and other materials in this lesson.
- **Use** at least three vocabulary words (or a form of the words) as part of your supporting details. For example, for the word *jump*, you could use *jumps*, *jumped*, or *jumping*.

Essay Topics

1. Explain the ways exercise can change the body. In your essay, be sure to list some of the measures used to determine fitness.
2. Write a newspaper article to convince people to exercise more. Include specific reasons why some people don't exercise, and suggest one or two ways to help them get past any excuses.
3. Keep a log of your physical activity over the next week. For each entry, describe how this activity is good for your health. You can create your own log or use the one on page 2 of this printout. What else could you do to improve your overall fitness?

Vocabulary Words

aerobic
blood vessels
diabetes
fitness
respiration

Name _____

Physical Activity Log

Date	What I did	How This Activity Is Good for My Health

Ideas for ways to improve my overall fitness: