Long Life Physical Activities

Without regular physical activity, the body slowly loses its strength, stamina and ability to function well. And for each hour of regular exercise you get, you'll gain about two hours of additional life expectancy, even if you don't start until middle age. Moderate exercise, such as brisk walking, for as little as 30 minutes a day has the proven health benefits.

Activity: Today’s lesson will be about exercises that can contribute to improving your overall health and fitness. These activities will either improve your mental, physical or social.

Below you are to circle whether each activity will improve your physical, mental or social fitness. Remember it can be more than one aspect.

1. Uno Physical Mental Social
2. Table Tennis Physical Mental Social
3. Connect Four Physical Mental Social
4. Wii Physical Mental Social
5. Shooting Hoops Physical Mental Social
6. Xbox Kinect Physical Mental Social
7. Skipping Physical Mental Social
8. Chess Physical Mental Social
9. Checkers Physical Mental Social
10. Walking Physical Mental Social
11. Dancing Physical Mental Social
12. Riding a bike Physical Mental Social
13. Swimming Physical Mental Social
14. Playing Pool Physical Mental Social
15. Surfing Physical Mental Social
16. Trouble Physical Mental Social
17. Guess Who? Physical Mental Social
18. Solitaire Physical Mental Social
19. Frisbee Physical Mental Social
20. Tic-Tac-Toe Physical Mental Social