



Physical Activity Worksheet

1. List 3 benefits of regular physical activity.
 - a. _____
 - b. _____
 - c. _____
2. It is recommended to get _____minutes or more of daily physical activity.
3. True or False: The only way to get physical activity is to play a sport or go to the gym.

True False
4. All are great options for a pre-activity snack **except**:
 - String cheese
 - Power-aid
 - Peanut butter and banana
 - Hard- boiled egg
5. True or False: Sports nutrition should be an extension of an overall healthy diet.

True False
6. During a game or high intensity exercise you should be drinking _____cups of water every_____minutes.
7. It is best to eat a meal _____hours before a sporting event.
8. How can you incorporate more activity throughout your day?