

# Guided Practice Activity 12-1

**Directions:** Answer the questions on the lines provided.

1. Identify some ways that being physically active can make a positive impact on your health and reduce your risk for diseases later in life.  
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2. What happens to bone mass after a person reaches his or her late twenties or early thirties?  
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3. List four age-related changes that being physically active cannot change.  
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4. List four age-related changes that being physically active can change.  
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5. How can being active impact the onset of osteoporosis?  
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6. Besides physical activity, what else can help to prevent osteoporosis?  
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7. Why should you adjust your FITT for selected activities as you age?  
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8. Why should you modify your activities as you age?  
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9. According to the Physical Activity Pyramid, how many days a week should you engage in leisure-time activities? \_\_\_\_\_  
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10. According to the Physical Activity Pyramid, how many days a week should you engage in aerobic activities?  
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**Lesson 12-1**

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