

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.

2. What happens to bone mass after a person reaches his or her late twenties or early thirties?

3. List four age-related changes that being physically active cannot change.

4. List four age-related changes that being physically active can change.

5. How can being active impact the onset of osteoporosis?

6. Besides physical activity, what else can help to prevent osteoporosis?

7. Why should you adjust your FITT for selected activities as you age?

8. Why should you modify your activities as you age?

9. According to the Physical Activity Pyramid, how many days a week should you engage in leisure-time activities?

10. According to the Physical Activity Pyramid, how many days a week should you engage in aerobic activities?
