



## PORTFOLIO HANDOUT 10

### Introduction to the Physical Activity Pyramid for Teens

Name - \_\_\_\_\_

What is physical activity?

Why do teenagers need to be physically active?

Explain how the Physical Activity Pyramid is organized.

How does the Physical Activity Pyramid help you make activity choices?

Define lifestyle physical activity.

How do lifestyle physical activities benefit people?

Define aerobic and explain the connection to fitness.

For active sports and recreation to be most beneficial what is the minimum duration (how long) and number of times per week (frequency) that they need to be participated in?

Define exercise in relationship to

- Flexibility Activities
- Muscle Fitness Activities