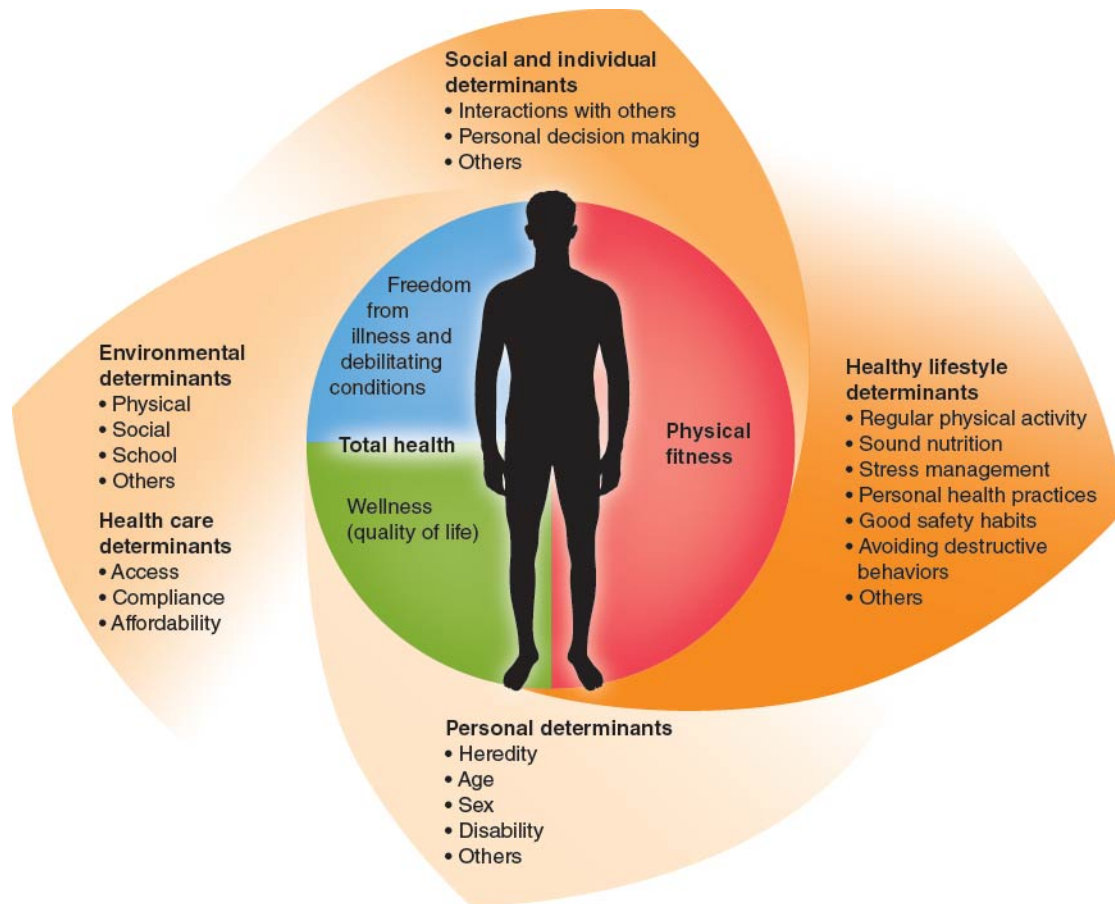


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Worksheet: Adopting Healthy Lifestyles

Name: _____ Class: _____ Date: _____

Knowing the factors that influence our health, fitness, and wellness can help us understand our current levels of fitness, health, and wellness. This knowledge can also help us determine how to make healthy lifestyle changes in order to get the benefits of a healthy lifestyle. This worksheet allows you to explore the factors that affect your health, fitness, and wellness and the benefits of a healthy lifestyle that are important to you.

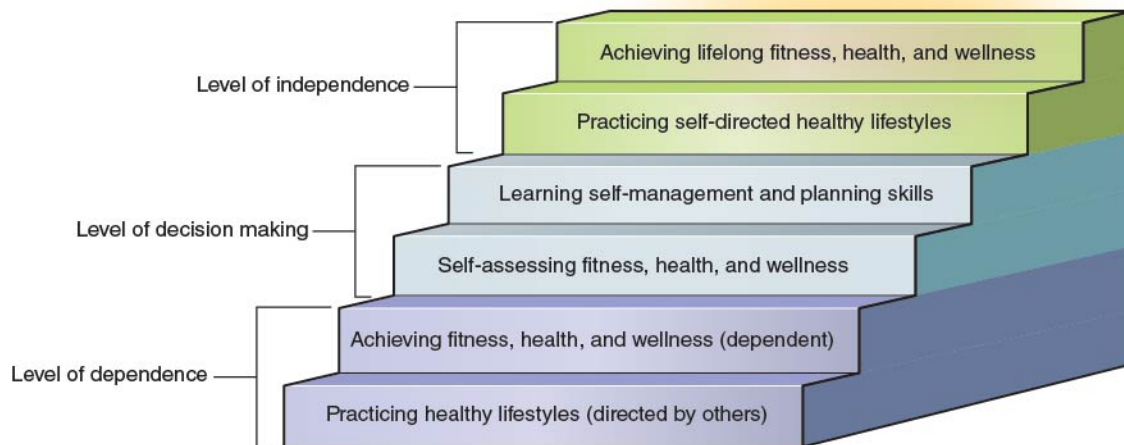


1. Identify two benefits of a healthy lifestyle that are most important to you and explain why each is important to you.

2. Identify one determinant of health, fitness, and wellness that is helping you become fit, healthy, and well. Provide a brief description of how that factor is helping.

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3. Identify one determinant of health, fitness, and wellness that is preventing you from becoming fit, healthy, and well. Provide a brief description of how that factor is preventing you from becoming fit, healthy, and well.



4. Identify what step on the Stairway to Lifetime Fitness you are at right now. What is your evidence that you are at that step?

5. Identify the step on the Stairway to Lifetime Fitness you would like to be at, and explain why you would like to be at that step.