

IDENTIFY AND LIST AVAILABLE FITNESS RESOURCES IN THE COMMUNITY

NAME: _____ GRADE: _____ PERIOD: _____ DATE: _____

STEP ONE: IDENTIFY

Either look in the phone book, online, or ask someone if there are any fitness or recreation centers in your community. You will be looking for places like: 24 Hour Fitness, Gold's Gym, LA Fitness, YMCA, or any other fitness or recreation center.

STEP TWO: LIST

Using all of the resources you found in step one you need to make a list. This list will have 4 columns: Title of fitness resources, address of fitness resources, phone number of fitness resources, and price.

STEP THREE: WHY?

What do you believe is the main purpose of this activity?

Is this something you would keep? Why or why not?