**Lifelong Physical Activity Choices Template**

Consider the following criteria for helping you choose the most appropriate physical activity for your needs and skills:

* aerobic endurance :
* muscular strength
* muscular endurance
* flexibility
* body composition
* life style
* fitness level
* cost
* preferences (individual/team; structured/casual)
* high/low risk

Choose 5 activities that you think you potentially will continue with for the rest of your life. Come up with at least 2 pros and 2 cons for each activity (remember the above criteria to help you with this).

|  |  |  |
| --- | --- | --- |
| **Activity** | **Pros** | **Cons** |
|  | **1.** | **1.** |
| **2.** | **2.** |
|  | **1.** | **1.** |
| **2.** | **2.** |
|  | **1.** | **1.** |
| **2.** | **2.** |
|  | **1.** | **1.** |
| **2.** | **2.** |
|  | **1.** | **1.** |
| **2.** | **2.** |

Once you have compiled your pros and cons list, it is now time to choose your top activity and justify why this activity will sustain your active living throughout your life. In paragraph format please complete the following statement and support it with detailed, specific, illustrative examples that justify your choice.

|  |
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| The best lifelong physical activity for me is…. |