Active Fitness and Nutrition



Physical Fitness Brochure

Assignment: You are a struggling personal athletic trainer. You want to increase your business with new clients. You have decided the best way to get your information out is to design a brochure for your business. In your brochure you will explain the following criteria:

1. Illustrate 5 benefits of exercise/ physical fitness. Educate your public on the importance of being physically fit. Explain why everyone should incorporate physical fitness into their schedule.
2. Identify 1 famous person who is physically fit and explain how and why they are physically fit. What are their accomplishments? Have they won gold medals?
3. Define 4 specific fitness terms and how they relate to physical fitness.
4. Identify what could happen if someone had a sedentary lifestyle with little to no physical exercise.
5. Explain how someone would begin a fitness program.
6. Explain the frequency of exercising to receive health benefits.
7. Explain the importance of exercise and eating right.