

# Wellness Homework

Student \_\_\_\_\_ Teacher \_\_\_\_\_ Class Period \_\_\_\_\_

\*\*\*One absence = 30 minutes of physical activity done outside of the school day. Please return this form, with your parent/guardian's signature, to earn your 5 daily points.\*\*\*

Activity	Date	Time/Minutes

How did this/these activities benefit you physically?

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Parent/Guardian Signature \_\_\_\_\_

## Suggested Activities

Team sports    Walking    Jogging  
 Skiing/Snowboarding    Wakeboarding  
 Swimming    Classes (dance, martial arts, etc.)  
 Lacrosse    Yardwork    Walking the dog  
 Yoga    Pilates    Riding Bike  
 Golf    Tennis    Skateboarding

## Benefits of Physical Activity

Improved Cardiovascular Endurance  
 Improved Body image/appearance  
 Improved muscular strength  
 Stress Reliever  
 Improved flexibility/injury prevention  
 Better Sleep