

POWER STANDARD 3: I Participate Regularly**PHYSICAL ACTIVITY OPPORTUNITIES IN
MY COMMUNITY: FITNESS INDUSTRY**

Name: _____

_____ Power standard 3: I participate regularly.

_____ Power standard 5: I value physical education, fitness, and health.

Choose one of the following:

1. Create a poster or visual aid that shows that you can locate and understand information about three physical activity opportunities in the local fitness industry (fitness clubs such as LA Fitness and so on). Include the following:
 - A list or pictures of fitness class opportunities
 - The name of the director and contact information (address, phone, e-mail)
2. Write a 2- to 3-page report that shows you can locate and understand where to find information about three fitness clubs, gyms, or other facilities. Include lists of classes offered, lifetime fitness opportunities, sport classes and opportunities, types of facilities offered, and the name, address, phone, and e-mail of the clubs. Use 12-point font and double-spacing.