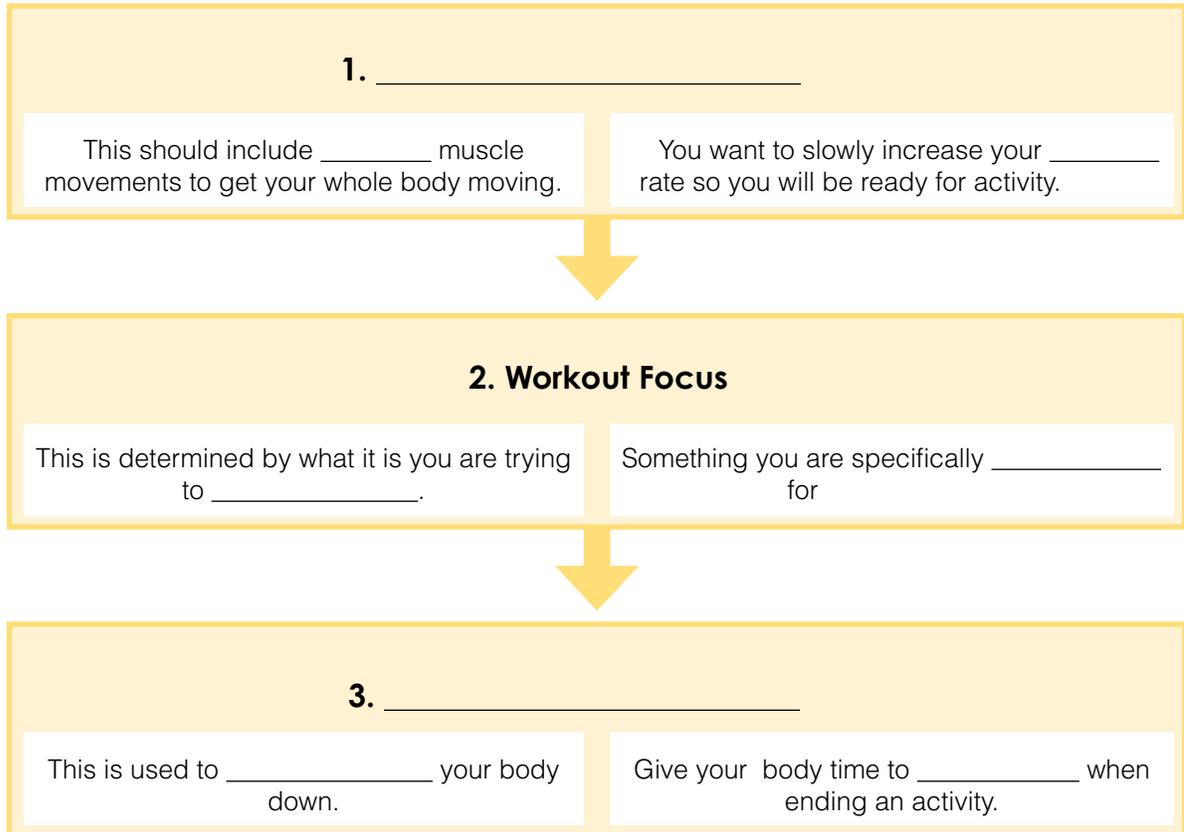


### Preparing for Activity

1. You should always begin your workout \_\_\_\_\_ and progressively.

### Warm-Up, Workout Focus, and Cool-Down

2. What three parts should always be included in your activities? Complete the following chart to describe each part of an activity.



### Getting Active and Staying Active Throughout Your Life

3. Staying active later in life helps to maintain the ability to live \_\_\_\_\_ and reduces the risk of falling and \_\_\_\_\_ bones; improves balance, muscle strength, and \_\_\_\_\_ mobility; lowers the risk of strokes; and \_\_\_\_\_ sleep.

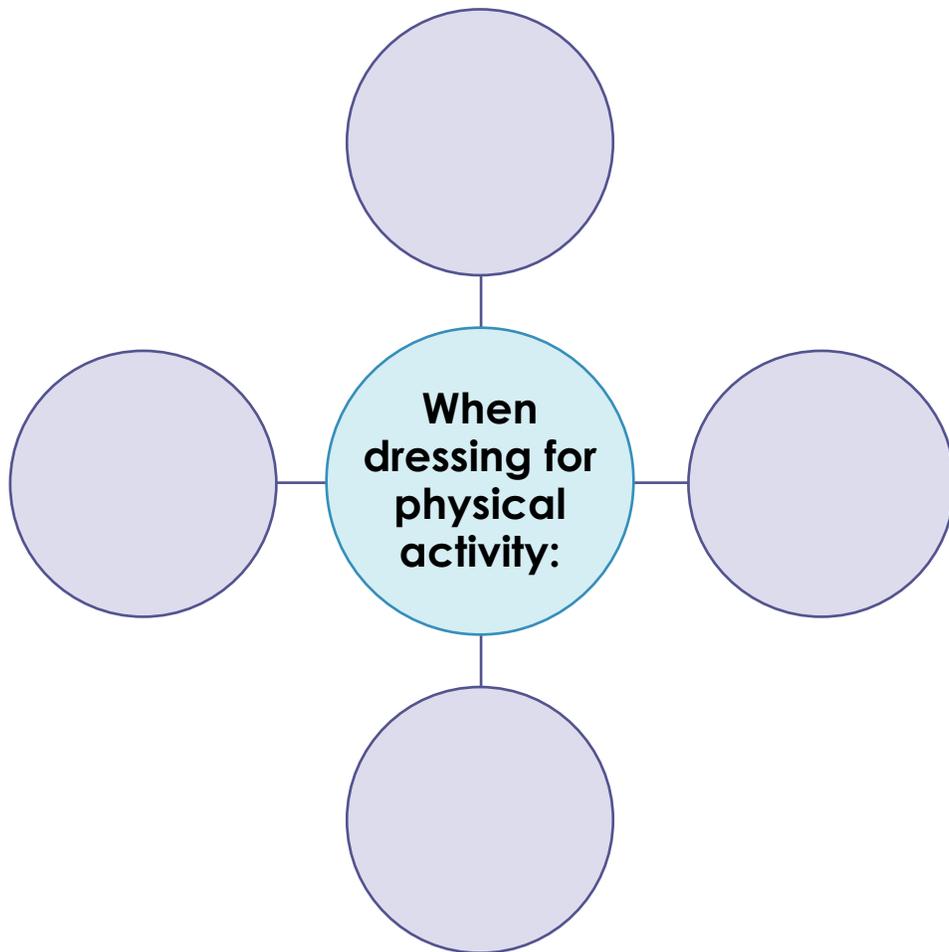
### Team and Individual Sports

4. What are three benefits of participating in a team sport and three benefits of participating in an individual sport?



### Dressing for Physical Activity

- 5.



### Physical Activity and Proper Equipment

6. Common safety equipment may include \_\_\_\_\_, mouth guards, \_\_\_\_\_ pads, goggles, and \_\_\_\_\_.

### Preventing Injuries While Being Active

7. List six of the best ways to prevent injuries when being active.

