

PROJECT: LONG-TERM PERSONAL HEALTH PLAN

During the weeks that you've been taking this course, you've been learning about healthy habits and barriers that can prevent them. You've also learned the importance of regular exercise for your overall health and fitness. In addition, you probably are beginning to feel healthier and more encouraged about your overall fitness.

As you finish this course, it's important to learn how to keep up these good eating and exercise habits so that you can continue to improve your health and fitness levels. For this project, you will formulate an effective long-term personal health plan.

Assignment:

1. How much do you exercise daily? Using the Internet, search for the government recommendations for daily physical activity. What does the government recommend?
2. Compare your current activity with the government recommendations.
3. Develop a plan that includes daily goals for how you will meet the recommendations. If you already meet them, describe in detail how you meet them and how you will continue to do so. The plan should include a description of the activity, type of activity (aerobic, muscle-strengthening, or bone-strengthening), intensity level, and how much time you will exercise each day. You might want to create a chart to organize your plan.