



AEROBIC BENEFIT STUDENT WORKSHEET

Name _____ Date _____

Start with any numbered card. Read and discuss the benefit of aerobic exercise. Write the benefit on this sheet next to the corresponding number. Perform the activity written on the other side of the activity card. Find the card with the *next consecutive number*. Each time, read and discuss the benefit, write the benefit on this sheet, and perform the activity on the card. Report to your teacher when completed.

Benefit

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____