



FITNESS ADVENTURE WORKSHEET

Station 1 Health Question: What major food group provides the most calories?

Station 2 Health Question: Name five healthy behaviors.

Station 3 Health Question: Provide an example of an aerobic conditioning exercise.

Station 4 Health Question: What is the number one preventable cause of premature death in the United States?

Station 5 Health Question: What is the anatomical name of the chest muscle?

Station 6 Health Question: What are three risk factors for heart disease?