

HEALTH RISK AND BENEFITS WORKSHEET

Name	Date	
Directions: Briefly state the health risk or benefit associated with the behavior.		
	Smoking Health risk	
	Excessive body fat Health risk	
A ^Q	Substance abuse Health risk	
	Physical inactivity Health risk	

Activity 7.19 Health Risks and Benefits Worksheet From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

HEALTH RISK AND BENEFITS WORKSHEET (continued)		
	Exercise Health benefit	
	Muscular strength Health benefit	
	Physical activity Health benefit	
	Muscular flexibility Health benefit	

Activity 7.19 Health Risks and Benefits Worksheet From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).