Directions: Print and complete this assignment and return to your teacher.

1. Define Aerobic activity.

2. Give 5 examples of Aerobic activity.
   1.
   2.
   3.
   4.
   5.

3. Choose 3 of the above activities and explain why they are considered to be Aerobic activities.
   1.
   2.
   3.

4. Explain how Aerobic activity will benefit your overall health. (30 words or more)

5. How might Aerobic activity be different for an individual who is this thin compared to an individual that is obese? (30 words or more)