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

1. Define flexibility.

2. Give 5 examples of flexibility activities.
   1.
   2.
   3.
   4.
   5.

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

4. Explain how flexibility activities will benefit your overall health. (30 words or more)

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