

Benefits of Regular Physical Activity

Lesson Plan for Instructor

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils

Handouts:

Benefits of Regular Physical Activity

Suggested Format for Discussion:

- Write “Benefits of Regular Physical Activity” on the board or flip chart.
- Ask participants to name some benefits of regular physical activity and write them on the board.
- Ask participants to share any concerns about their medical and/or physical health and how this may impact on their ability to perform physical fitness activities.
- Pass out the handout “Benefits of Regular Physical Activity”.
- Discuss the handout and solicit input from the group.
- Ask each participant to describe the most important benefit to him or her personally, and whether it motivates him or her to exercise—why, or why not?

MOVE!

