**Expectations:**

Pick a sport or activity that suits you best

Create a poster that includes

* Fitness activity rating (Low, Moderate, High) For
	+ Endurance
	+ Fat Loss
	+ Strength
	+ Flexibility
		- 4 marks
* Which personality type would enjoy your selected activity/sport
	+ - 2 marks
* Physical well-being benefits – how the activity/sport is great exercise
	+ - 2 marks
* Where or how to participate in Grande Prairie
	+ - 2 marks
* Safety Concerns
	+ - 2 marks
* Necessary Equipment
	+ - 2 marks

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