**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

 

