

Name:

Class:

Welcome to Lazy Land – Finding a Solution

The city that you live in has just been declared one of the “laziest cities” in the United States. The teen obesity rate has hit an all-time high. What are you going to do about it? How can you change your cities reputation? What information, advice, and opportunities can you provide to make a difference?

TASK:

Your goal is to create a teen targeted wellness or fitness center for your community. Do not just create a gym for teens to go to. The facility will need to include **creative** resources (activities and/or programs) to the TEENS in your community to help resolve the current health problem. What will motivate the teens in your community?

NAME OF FACILITY: _____

Finding a Solution:

Four causes or sources of the teen obesity problem in your city:

- 1.
- 2.
- 3.
- 4.

Potential Health Risks Linked to Obesity:

- 1.
- 2.
- 3.
- 4.

Four creative activities/programs that will help motivate and educate teens about becoming more fit. Be sure to include the benefits/advantages of EACH activity/program your facility offers. The benefits/advantages should be linked to the five elements of physical fitness. (Page 209-213)

1. Activity/Program:

Benefits/Elements of fitness:

2. Activity/Program:

Benefits/Elements of fitness:

3. Activity/Program:

Benefits/Elements of fitness:

4. Activity/Program:

Benefits/Elements of fitness:

Four incentives/motivational strategies you will use to get teens into your facility and excited about becoming fit.

- 1.
- 2.
- 3.
- 4.

Five Elements of Fitness:

- 1. Heart and Lung Endurance (Cardio)**
- 2. Muscle Strength**
- 3. Muscle Endurance**
- 4. Flexibility**
- 5. Body Composition**