

1 CAN...



INCORPORATE THE FITT GUIDLEINES

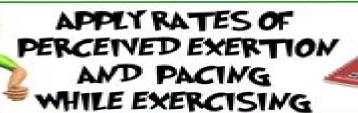
FREQUENCY

TIME

INTENSITY

TYPE

RECOGNIZE THE IMPACT OF NUTRITION ON MY PHYSICAL ACTIVITY





SET REALISTIC GOALS TO IMPROVE MY HEALTH AND FITNESS LEVEL

ANALAYZE THE DATA FROM MY
HEALTH-RELATED FITNESS ASSESSMENTS

DISCUSS THE.
BENEFITS OF A
PHYSICALLY
ACTIVE LIFESTYLE



IDENTIFY AND
INCORPORATE STRESS
MANAGEMENT
STRATEGIES

NATIONAL STANDARD 3: THE PHYSICALLY LITERATE INDIVIDUAL DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS

I Can Statements Hs Physical Science

Michael Seilmaier

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