



Learning Module: **FITNESS PLANNING**
High School Weeks 8-10



Healthy Body

I participate in regular physical activity to enhance my personal health.

Healthy Mind

I create physical activity and nutrition goals focused on overall health and wellbeing.

Enjoyment & Challenge

I will make physical activity and nutrition choices based on health benefits and enjoyment.

Building Skills

I will use the FITT Principle to create a fitness and nutrition plan.

Why are we learning this?

Fitness for Mind, Muscle & Health is a 3-week instructional module that is important because it will teach us:

- how to use the FITT Principle to improve health-related fitness
- how to identify whole foods from each of the 5 food groups
- how to set a GREAT Goal and plan focused on my personal fitness, nutrition behaviors, and mental health