

Philosophy on Personal Fitness

Workshop Form

Name: _____

Date: _____

Value based motivation – aka why you would care to have a fitness plan (health, vitality, looks)

Activities*: mixture of sports, hobbies, social but physical

Space†: have options and reserves of where to do what

Time allocation: plan weekly then monthly, but execute daily

Suggestions:

* Swimming, walking, hiking, badminton, weight training, aerobic dance, ballroom dancing, T'ai-chi, Yoga, Pilates, etc.

† Home, gym, community center, friend's place, local school, the Mall,