

Physical Activity Assessment

I think that my current physical activity levels are at moderate levels. I am doing an hour of cardio five days a week. While at the gym, I do core training twice a week. I also attend a yoga class once a week and incorporate stretching at least one more day per week. Currently, I am taking two physical education classes. My rhythms class provides me with some sport participation as well as flexibility. My team handball class adds more aerobic activity, sports skills, and flexibility to my physical activity. I believe my current physical activity levels allow me to live a healthy lifestyle.

I have some short-term physical activity goals that will help me enhance my overall fitness. I would like to add another day of aerobic exercise into my workout routine. I also would like to incorporate full-body muscular strength and endurance exercises. This means adding four additional muscular strength days into my routine. Two days would be for lower body lifting and the other two for upper body lifting. These short-term goals will make me more physically fit.

My long term goal is to maintain a healthy and physically fit body over a long period of time. I tend to have spans of time where I do exercise on a daily basis for a period of months and then I stop and barely make it to the gym twice a week. To achieve this goal, I need to keep exercising on a daily basis. Switching activities every so often will keep me from getting bored and will also train different muscles. This long term goal will allow me to enhance and maintain a healthy lifestyle. It will also help lower my body mass index.