

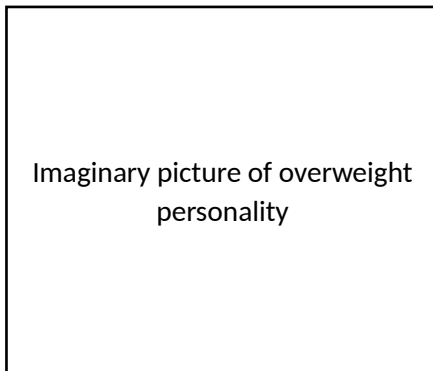
Midterm - Quiz

Group Exercise

Activity 3: Let me Think! page 8

Muscular Strength	Muscular Endurance	Flexibility	Cardiovascular Endurance
<ul style="list-style-type: none">• Fetching water	<ul style="list-style-type: none">• Planking	<ul style="list-style-type: none">• Aerobic Dancing	<ul style="list-style-type: none">• Swimming
<ul style="list-style-type: none">• Body Weight Squats		<ul style="list-style-type: none">• Line Dancing	<ul style="list-style-type: none">• Jogging
<ul style="list-style-type: none">• Picking Fruits from Trees			<ul style="list-style-type: none">• Skipping with a rope
<ul style="list-style-type: none">• Pulling/Pushing heavy object			
<ul style="list-style-type: none">• Raking Leaves			

Activity 1: Describe the Picture page 9



The picture shows poor sleep, sedentary activities or spending too much time in lying down, and eating too many processed or sugary foods are just some of the habits that may increase the risk of weight gain.

As individuals with constant mood swings sometimes take refuge in food, it usually doesn't take anything to make you emotional. In a life filled with fluctuating emotions, you consider it as the only constant. By eating, you feel moody and anxious and seek emotional stability. You depend on external factors, such as food to make you feel better.

Activity 2: Self-reflection! Page 10

Personal Barriers	Environmental Barriers
Lack of time	Accessibility of recreation facilities
Joint Pain	Social Environment
Lack of encouragement	Bad weather

Follow up Answers: I should put in my mind why I'm doing these things. Setting goals and be inspired. The key to success is setting a realistic fitness goal, choosing activities and asking for the support of friends and professionals when I need it.

- lack of time- just time management
- joint pain – I think it's normal to have some pain, stiffness, and swelling after starting a new physical activity program. Keeping in mind that every pain that I will get is part of the hard work.
- lack of encouragement - I need to learn of having a self confidence and trust myself always.
- lack of resources or facilities- I must be creative without accessing gym facilities such as home workout
- social environment- just be in myself, being friendly and being sociable
- bad weather – I must explore both an indoor or outdoor activities depending on weather condition so that I could adjust myself in different type of weather.

Activity 1: Let me think! Page 10

	Day 1	Remarks	Day 2	Remarks	Day 3	Remarks
Breakfast	Pakbet	Healthy	Fried egg	Healthy	Chicken soup	Healthy
Snack	Langsat or Lanzones	Healthy	Oranges	Healthy	Junk foods	unhealthy
Lunch	String Beans	Healthy	Tinola	Healthy	Lumpia	Healthy
Dinner	Dried Fish	Healthy	Fried Fish	Healthy	Hotdog	unhealthy

Guide Questions:

1. Indeed, I've got a good habit of eating. I have been eating vegetables ever since I was a kid. The importance of eating green leafy vegetables was taught to me by my parents and I grew up with that.
2. There are many different ways we can change our eating habits base on what kind of lifestyle we have. To the food we eat on the daily and the things your intake. For example, if you know that you eat a lot of oily foods, you are prone to obesity or heart problems due to the amount of fat that has built up in your body. Then we should make the change of limiting the oily foods you take or avoiding it if necessary. But for me, I will eat healthy snacks rather than eating junk foods and Keep more fruits, vegetables, at home and at work. Focus on adding healthy food on my diet, rather than just taking unhealthy foods away.
3. Eating habits that we should continue is eating fruits and vegetables, it because our body will become a healthier individual and it has a lot of nutrients. It will boost the extension of our lives. Eating fruits and vegetables will also boost our learning ability. It stops disease, such as heart attack, etc. In short, both physically and psychologically, fruits and vegetables will help.