

Article Assignment:

Find and read an article.

(Magazine, web, no limit on the source; however I am looking for professional sources and articles).

The Focus of the article should be health or fitness related.

Compose a written response in 5 paragraph essay format.

In your response include:

- 1. The name of the article, the name of the author, and the source (web page, magazine).**
- 2. Give an overview of the article.**
- 3. Explain how you plan to apply the ideas or concepts from the article in your personal health and fitness activities.**

***The response should be about a page; it can be longer. I am looking for quality content not length. Typed or hand written. Use 5 paragraph essay format.**

This assignment has two main purposes.

1. Encourage the student to discover resources to learn about health and fitness.
2. Generate thoughts about applying health and fitness concepts into your daily life now.