

Report on Health and Fitness

First Year Experience
Fall, 2006

Due Date: Sept-5
Points: 10 Points

Please write a one-page report on the following topic. Make sure to include your name, the course name and number, the date and the title for the report. Your writing should be professional, grammatically correct and should flow well. Answers all the parts of the questions and be specific.

Write a report about your health and fitness. Track your dietary and fitness habits for three days and include the following component in your report.

1. What do you eat on a daily basis (your typical diet)? What do you consume too much of and what do you not consume enough of? Explain why it is important?
2. What is your weekly fitness routine? What types of exercise do you engage in? How frequently, how long and how intensely do you engage in these exercises? What effects does your fitness regiment have on your body?
3. What is your resting heart rate? Is it considered healthy?
4. Wet your feet and step on pieces of paper. What shape do your feet have (high arch, flat, etc.)? If your feet are not ideally shaped, how can this be corrected?
5. How do you intend to change your diet and fitness regiments in the future?