



# Fit ness Worksheet



UCI students lead busy, demanding and pressure-filled lives. Most know something about the value of fitness, but many don't apply it to their daily activities. This exercise is to help you appreciate the benefits of fitness activities as well as help you increase the opportunities for incorporating fitness into you life as a student.

I. Below is a list of fitness activities a student might choose to engage in to enhance and increase her or his fitness. On a scale of 1 to 5, rate each activity: first with respect to how desirable the activity is, and second, how likely you are to engage in the activity. Use the 1 to 5 scale rating as follows:

- 1 = very low, i.e. undesirable, unlikely I would ever do this
- 5 = highest desirability, most likely that I will do this

Activity	Desirability	Likelihood	Total
1. Walking up the stairs instead of using the escalator or elevator	_____	_____	_____
2. Riding your bike, roller blading or skate boarding to class or other destination	_____	_____	_____
3. Park your car further away from class or work to walk more	_____	_____	_____
4. Stretch or do flexibility exercises while watching t.v. or talking on the phone	_____	_____	_____
5. Get some friends and join intramural sports at the campus recreation center	_____	_____	_____
6. Squat down in good form when you need to pick up something instead of bending over and straining your back	_____	_____	_____
7. When you are talking to friends, take a walk while having a talk	_____	_____	_____
8. Wash your car instead of taking it in to be washed (good arm strokes can create great biceps)	_____	_____	_____
9. Clean your apartment/room/house and get fit from sweeping, dusting, mopping, and moving furniture	_____	_____	_____
10. Always remember to squeeze you gluts (buttocks) when walking and especially when climbing stairs	_____	_____	_____
11. Practice your breathing every chance you get (breathing in through your nose and slowly exhaling out through your mouth)	_____	_____	_____
12. Dancing, either socially or at home alone to get fit and perk up your mood	_____	_____	_____
13. Using an exercycle while watching t.v.	_____	_____	_____