

**Possible Article Topics:**

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|--------------------------|--------------------------|
| Components of Fitness    | Flexibility              |
| Yoga                     | Pilates                  |
| Cardiovascular Fitness   | Muscular Strength/Power  |
| Muscular Endurance       | Body Composition         |
| Nutrition                | Supplements              |
| Training For Sports      | Personal Goal Setting    |
| Personal Workout Program | Abdominal Exercises      |
| Stress Management        | Orienteering             |
| Recreational Activities  | Weightlifting            |
| Kan Jam                  | Pedometers               |
| Calories/Caloric Intake  | NFL Play 60              |
| Medicine Ball Exercises  | Jump Rope Exercises      |
| Quick Feet Exercises     | Stability Ball Exercises |
| Rock Climbing            | Hiking                   |
| Biking                   | Spinning                 |
| Adventure Activities     |                          |

**\*Other topics can be summarized as long as prior approval of the topic is given by the teacher**

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**Students Name:** \_\_\_\_\_

**Period:** \_\_\_\_\_ **Lifetime**      **Healthy Lifestyles**      **Personal Challenge**

**Teachers Name:** \_\_\_\_\_

**1st due date:** \_\_\_\_\_ **#of Articles Due** \_\_\_\_\_

**2nd due date:** \_\_\_\_\_ **#of Articles Due** \_\_\_\_\_

**3rd due date:** \_\_\_\_\_ **#of Articles Due** \_\_\_\_\_

**4th due date:** \_\_\_\_\_ **#of Articles Due** \_\_\_\_\_

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