Activity #2:

1. HOW DO WE STOP OURSELVES FROM LETTING DIGITAL LIFESTYLES LEAD TO OUR HEALTH DECLINE? (2pts)

Answer- We don’t use technology to the point where it impacts our health.

1. How can we focus on the hours of 3pm to 6pm daily to battle obesity? These are often hours after school we could be doing something active but we are often alone and can tend to play video games watch TV, and use mobile devices instead. HOW CAN WE FIGHT THIS? (3pts)

Answer- After school we could go to the gym till 4-4:30 then when we get hom instead of eating pizza we could eat a well balanced meal.

Take a few minutes to create a pledge sheet for yourself regarding your technology use habits. PLEDGE 5 PROMISSES to yourself that will keep you healthier for longer and beat the demands of technology in regards to sedentary lifestyles.

Promise #1- I will get a minimum of 1 hour of exercise per day

Promise #2- I will remain in top physical condition.

Promise #3- I will honor my commitments with athletics.

Promise #4- I will get a job

Promise #5- I will be active in the off season.

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