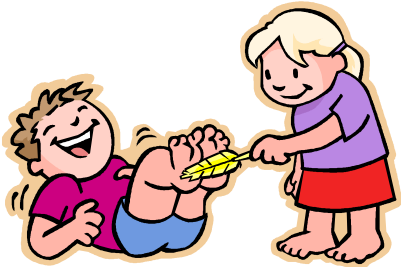


FITNESS FACTS

You have heard me give out various tidbits of fitness information that I have read or heard. For example:



- In myriad studies, laughter has been shown to: hike oxygen intake, increase pain tolerance, boost immunity, relieve stress, improve circulation, strengthen the heart, relax the muscles, lower blood pressure and adjust blood sugar in people with type 2 diabetes. And of course, you just feel happier when you can giggle.

Now is your turn. Find a fitness fact related to **vegetables**. It should be short and informative.

Decorate a sheet of construction paper and put your fitness fact on the paper. *Include your source for the fact.*

This must be ready to be put up on the locker room bulletin board by October 10th.

RUBRIC

Name _____

On time	2	0		
Source	3	0		
Decorated	5	3	0	
Neatness	2	1	0	
Followed directions	3	1	0	
Fitness oriented	5	3	1	0

Total points _____