



## n Patrol for Physical Activity

### A Physical Activity Investigation

Acting as a detective, investigate your environment to see if it promotes physical activity. Use the boxes below to record (draw or write) your findings!

<p><b>HOME</b></p> <p>What items can you find in your home that promote physical activity?</p>	<p><b>YARD</b></p> <p>How much space do you have in your yard to do activities or games?</p>
<p><b>NEIGHBORHOOD</b></p> <p>What do you have in your neighborhood that encourages physical activity?</p>	<p><b>COMMUNITY</b></p> <p>What businesses in your community promote physical activity and healthy living?</p>
<p><b>INDOOR ACTIVITIES</b></p> <p>What kind of games can you play inside to be physically active?</p>	<p><b>OUTDOOR ACTIVITIES</b></p> <p>What kind of games can you play outside to be physically active?</p>

## On Patrol for Physical Activity

<p><b>SCHOOL</b> How does your school promote physical activity?</p>	<p><b>FAMILY</b> How does your family promote physical activity?</p>
<p><b>FAST FOOD</b> How many fast food restaurants do you have close to your home?</p>	<p><b>SCREEN TIME</b> How many items do you have that promote physical inactivity (i.e. television, cell phone, etc)?</p>

Based on your findings, what changes can you make to increase physical activity and fitness in your home, yard and neighborhood (i.e. work with the city to create sidewalks for families to walk, create playground areas for kids to play safely, etc)?

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