

Fitness/Health Article Assignment

Directions:

Find a newspaper, magazine or Internet article related to either health or fitness and write a one page-typed paper answering the following questions:

1. What is the article about?
2. How does this relate to your own health?
3. What is the most important point made and why?
4. Who would you share this information with and why?

*Please remember to turn in a copy of the article with your typed page.

Due 10/31