

PE Make up Work #5

Fitness Advertisement

Create a poster advertising exercise.

Your job is to create an advertisement for exercise. Using a blank piece of paper, make an ad promoting exercise. Make sure you have your name, PE teacher and PE period included on your paper.

Assignment:

Create an exercise advertisement.

- Your ad should use at least one benefit of exercise.
- The ad should be appealing to your peers (make it colorful).
- Use slogan's to catch reader's eyes, like "Want strong bones and muscles? Exercise can help!" etc.
- You can create your ad by hand or use the computer.

Benefits of Exercise

- Increases muscle strength & endurance.
- Increases efficiency of heart & lungs
- Increases physical stamina
- Increases bone strength
- Improves appearance & posture
- Reduces blood pressure
- Reduces risk of cardiovascular disease
- Reduces excess body fat
- Improves mental alertness
- Improves self image
- Improves self confidence
- Relieves stress
- Improves quality of sleep
- Increases social involvement