What are 5 lifetime/physical activities that you believe you might participate in when you are 30-40 years old and tell me why? What benefits will these have towards health and fitness?

1. Students are required to write a paper answering the question above. This paper should be supported by facts. These facts should be cited from whatever source they come from.

2. In your own words, you will write a reaction paper based on the research you found regarding this topic. Please note anything that intrigues you, strikes you as a peculiar or interesting, or that you agree/disagree with, etc...

3. You must use at least 3 sources to support your opinion
   a. These sources must be cited with a reference page

4. This assignment must be:
   a. At least two (2) page, plus a reference page
   b. Typed 12 font

5. Two (2) full pages are equal to two (2) missed PE classes