Physical Education Writing Prompt

We have spent time this year reviewing the reasons why it is important to get cardio exercise daily. Look back in your cardio journal to review the concepts and write a paragraph in google docs on the following prompt. After you are finished place it in your PE folder.

Explain how cardio exercise (ie: running) impacts one’s health both physically and mentally/emotionally. Give at least one example for each area (physical and mental/emotional) and explain how it impacts you now or in the future. Be sure to check your writing for correct spelling, proper grammar, and clear examples.