



Notes:

Exercise

Interview Questions:

- With whom do you like to work out? Who keeps you motivated to go to the gym?
- What is your favorite form of exercise? Describe a typical workout.
- When is the best time of day for you to work out?
- Where do you get your best workout: at school, at home, at the gym?
- Why do you make an effort to exercise?
- How much time a day do you devote to working out? How do you motivate yourself when you feel too tired to exercise? How many days a week do you work out? How do you keep up with your workouts: notebook, app, pedometer, exercise program like Wii Fitness?

Poll/Survey Question:

- What is your typical work out attire?
 - Grubby t-shirt and shorts
 - Sweats
 - Brand name coordinated workout outfit
 - Other (list):

Photo Possibilities:

- Walking or running
- Weight training at the gym (use framing and leading lines or mirror reflections)
- Treadmill or elliptical machine
- Aerobic, yoga or dance class
- Stretching

Module Ideas:

- Time line comparative of typical exercise routine of 3 or more students/teachers
- Pie chart of poll results with pull-out photos and quotes
- How-to step-by-step for a specific set of exercises (abs, legs, arms, etc)
- Photo montage of the different types of exercises/workouts
- Before and after shots