**PROMPT:** 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?

* In your own words write a half page paper answering the question above. Your answer should be supported by facts.These facts should be cited from whatever source they come from.
* Include in your paper your reaction based on the research you found. Please not anything that intrigues you, strikes you as peculiar or interesting, or that you agree/disagree with, etc…
* You must use at least 1 source to support your opinion
  + Include link of source
* This assignment must be:
  + At least half a page, plus references on the bottom
  + Typed at 12 font
  + Single spaced