**Get Active Fort Gary**

In groups of 2 or 3 create a brochure or pamphlet for someone who is moving into the Fort Gary area. Outline the importance of physical activity and the opportunities that the community offers to enhance their activity level.

Your brochure or pamphlet must include:

1. **A specific Audience (children, teenagers, adults, or seniors).**

* Think about whom you are trying to reach, what motivates this audience to be physically active, what activities they might be interested in. Your brochure must be appropriate for the audience you have selected.

1. **Section 1: Benefits of Physical Activity**

* The goal is to convince your audience to be physically active. You must include the amount of physical activity your audience should be getting and at least 5 positive effects of exercise.

1. **Section 2: Build Physical Activity Into Your Daily Life**

* Suggest at least 4 ways to build physical activity into their daily life.

1. **Section 3: Community Opportunities**

* Choose 2 or 3 opportunities of physical activity that the community offers to your audience (eg. school, local gym, drop-in center, wellness center, local pool, community center, etc). Include a description of the activity, cost, hours/time, and location. You must advertise more than one component of physical activity (cardiovascular, muscular strength, muscular endurance, or flexibility).

**E.** **Use Visuals**

* Use pictures to catch your audience’s attention and support your information.

Your audience is clear to the reader /1

The recommended amount of physical activity for your audience /1

5 positive effects of exercise /5

4 ways to build physical activity into their daily life /4

minimum of 2 opportunities description /4

cost /2

time /2

location /2

components of physical activity /2

Activities are appropriate for your audience /4

Use of visuals enhances your brochure /3

/30