



Notes:

Keywords: All Seasons, Lifestyles, Sports, Fitness & Exercise

Fitness & Exercise

Interview Questions:

- With whom do you work out? Who encourages you to think about your personal fitness? Who is your personal trainer if you have one? Are you on a sports team? Who in your family also works out?
- Describe your fitness and exercise routine. On what part of your body do you most often concentrate? If on a team, do you work out during off-season? What made you want to work out? What is your favorite exercise? What gym membership, if any, do you have?
- When is the best time of the day for you to work out? When did you start working out?
- Where do you work out the most? Where else do you work out? If you walk or run, where is your favorite spot?
- Explain why fitness and exercise are important to you at this stage of your life. Tell me how you psyche yourself up for a fitness/exercise session.
- How many hours a day do you usually work out?

Poll/Survey Question:

- How many days a week do you work out at the gym?
 - Never
 - 1-2
 - 3-4
 - 5-7

Photo Possibilities:

- Cardio workout on elliptical machine, stair master, treadmill, etc.
- Upper and lower body workshop
- Walking/running in an interesting location
- Work out photos at home, gym and school
- Shopping for workout clothes

Module Ideas:

- Photo montage of different fitness and exercise routines
- Photos & quotes focused on importance of healthy lifestyle
- Series of how-to photos for different body part work outs
- Fitness quiz
- Advice or how-to quotes from fitness enthusiasts
- Photos and quotes about varied aspects of fitness and exercise