**Task 3.1**

**Factors that contribute to a healthy lifestyle**

Using the table describe how each listed factor may affect a person’s health and fitness.

|  |  |
| --- | --- |
| **Factor** | **How it may affect a person’s health and fitness** |
| **Exercise** |  |
| **Smoking** |  |
| **Drugs** |  |
| **Alcohol** |  |
| **Diet** |  |
| **Age** |  |
| **Environment** |  |

Now think about your own lifestyle. Identify a minimum of 2 strategies that could improve it and the impact these would have.

|  |  |
| --- | --- |
|  | **This would improve my lifestyle because…** |
| **Strategy 1:** |  |
| **Strategy 2:** |  |