

WHY WORRY ABOUT BODY COMPOSITION?????

1. To be a better YOU...
Ex. A small person is not necessarily “healthy”
Care for a car to run – well, your body is an “engine”
2. A “healthier” you =
 - a. stronger dancer
 - b. less sick
 - c. less prone to injuries
3. Fitness is for a “Lifetime”
 - a. Tools to help in the good times
 - b. Tools to help in the bad times
 - c. Goal setting
- *4. Like it or not, the youth of our society has been steadily increasing in risk of overweight/obesity issues, with complications of diseases stemming from too much extra body fat. You have a choice! Make 1-2 small changes each quarter.

SO I DO THE BODY COMPOSITION, BUT THEN WHAT????

1. Track – but not too often, give yourself feedback and set new goals
2. Test – MS, ME, CV, F : see standards
3. Find weaknesses
 - a. Set goals
 - b. Understand how to be effective in the goals you set