

PE 10 Final part 2 of 2

Evaluate Commercial Fitness Products and Fitness Gyms

Students must evaluate 2 different fitness machines, 2 different fitness gyms/facilities and then decide how to spend an imaginary \$1,000 on those products or gyms/fitness facilities.

YOU MUST MAKE A “GOOGLE PRESENTATION” AND SHARE THE WITH “TRoder”.

1 slide per fitness machine (2 total):

While evaluating fitness products students must compare the pros/cons of 2 fitness machines; price of the machine, durability, size, ease of transferring from one spot to another, delivery and set up, maintenance etc. 1 slide per machine (2 total slides). Think about a home fitness center and what you would want to have in terms of fitness equipment.

1 slide per gym/facility (2 total):

While evaluating a Fitness Gym/facility, examples may include: Jefferson fitness center, Snap, Lifetime, Planet Fitness, Anytime Fitness, or others. Check into the pricing, initiation fees, health insurance kickback, hours of operation, climate of the club and overall appearance/equipment they offer. You can evaluate the different clubs online or go into the fitness club and check it out. One slide per club with the info above (2 total slides).

1 slide for the \$1,000 purchase choice:

Finally, if you were given \$1,000 to buy any fitness machine or membership, how would you spend that money? Discuss WHY you would choose to spend your \$1000 this way (1 slide).

Your completed slide show will include 5 Slides - share with TRoder!