**Exercising Safely: Think, Pair, Share**

Think: List several safety concerns an individual might have with exercising.

1.

2.

3.

Pair / Share: Get with a classmate. Share and explain each of your concerns.

1.

2.

3.

4.

5.

Prioritize the concerns from most important to least important. Explain how some concerns are more important than others.

How could you address 3 of the concerns and still be able to exercise?

1.

2.

 3.