



PES111 – Lifetime Fitness
Assignment 1 –

Weight: 15%

The deadline to submit it on *Turnitin* is on Tuesday the 23rd of March 2021 at 11:59pm.
Please refer to course syllabus for late submission and plagiarism cases.

Write a short essay on the topic: “Physical Inactivity”.

The essay should answer the below questions:

- What is an inactive lifestyle?
- How does an inactive lifestyle affect your body?
- Which diseases are related to physical inactivity?
- *Discuss* obesity in Kuwait and its association with inactivity.
- *Discuss* 2 benefits for Physical activity.
- How can I be more active in my daily life? *Provide examples.*

Essay Requirements:

- Research the topic to gain greater knowledge about the dangers of inactivity and find examples that support your argument.
- Credit the Sources of Information and Ideas: Use APA format to list your references. When citing Internet sources, include the following information: author(s), title of work, Internet address, and date information was published.
- Include a cover page.
- Maximum 1000 words.
- To avoid similarities, do not copy the questions to the answer sheet.
- Reach out to AUM Writing Lab for assistance: writinglab@aum.edu.kw

Your essay should have the below structure:

- *Introduction:* Introduce the subject and state your thesis.
- *Body:* Develop your arguments using research and analysis. Be sure to identify the sources of your information or ideas using a standard citation method.
- *Conclusion:* Summarize the research and analysis presented in the essay and set forth your recommendations and conclusions.