

Weight lifting	Aesthetic appreciation	Flexability	Muscular enduranc e	Make friends
Co operation	Social	Mental	Body composition	Physical challenge
feel good	Boxing	Improve health	Increase confidence	Physical
Increase fitness	Mental challenge	Gardening	Marathon runner	Cardiovascular endurance
Muscular strength	Competition	relieve stress	Enjoyment	Gymnastics

feel good	Boxing	Physical challenge	Body composition	Cardiovascular endurance
Enjoyment	Physical	Improve health	Make friends	Mental challenge
Co operation	Flexability	Mental	Marathon runner	Weight lifting
Increase fitness	Competition	Social	Gardening	Muscular endurance
Muscular strength	relieve stress	Gymnastics	Aesthetic appreciation	Increase confidence

Physical	Marathon runner	Competition	Enjoyment	Gardening
Cardiovascular endurance	Gymnastics	Co operation	Improve health	Weight lifting
Increase fitness	Muscular strength	Mental	Boxing	Social
feel good	Mental challenge	relieve stress	Body composition	Aesthetic appreciation
Increase confidence	Physical challenge	Muscular endurance	Flexability	Make friends