**PED 40F**

**Top 20 Fitness Trends Project**

You and your partner are to pick one of the top fitness trends from 2023 (list of activities will be provided) and then participate in the activity. For example, if you choose “wearable technology” you will have to compare the different products available and make recommendations to the class. If you have chosen an activity such as “rock climbing” you **must go to a place that provides training** (Vertical Adventures) and it is suggested that you get video and pictures of you doing the activity.

Once you have completed your class, prepare a powerpoint to present to the class with the following information:

History of the sport or activity

Difficulty level (does it require a great deal of skill?)

Did you enjoy it, and would you do it again?

Would you recommend it to others?

The project is due on Monday January 15th! Have fun!