**Works Cited- do NOT use this as your own…..copy and paste! ☺**

Research Articles:

Activity Benefits Bo Beyond Weight Loss: Activity Benefits Go Beyond Weight Loss." *Tufts*

*University Health & Nutrition Letter* 33.2 (2015): 1-3. *Health Source - Consumer*

*Edition*. Web. 20 Apr. 2015.

Pump Iron, Get Healthy: Marquez, Jennifer. "Pump Iron, Get Healthy." *Health* 29.4 (2015):

58. *MAS Ultra - School Edition*. Web. 20 Apr. 2015.

Yoga’s Health Advantages May Extend To the Heart: Yoga’s Health Advantages May Extend

To The Heart." *Harvard Heart Letter* 25.8 (2015): 3. *MAS Ultra - School Edition*. Web.

20 Apr. 2015.

Textbook:

Bronson, Mary H. Glencoe Health. Columbus, OH: Glencoe/McGraw-Hill, 2011. Print.