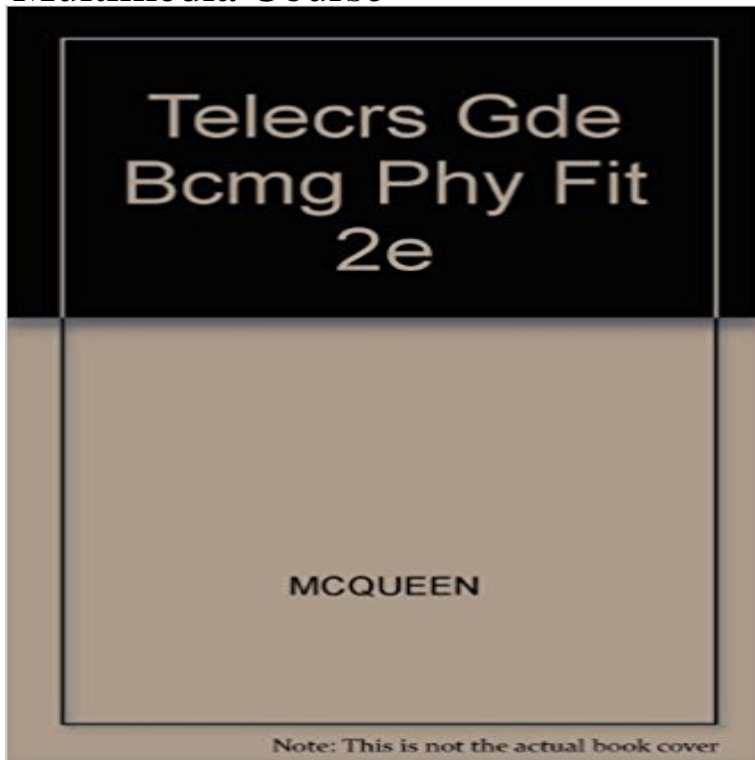


# Workbook for Becoming Physically Fit - A Physical Education Multimedia Course



BECOMING PHYSICALLY FIT is a new telecourse produced by the DALLAS TeleLearning of the LeCroy Center for Educational Telecommunications. This course is designed to move students toward improving their personal physical fitness and obtain an overall healthier lifestyle at a pace specific to each individual. Students are asked to make behavioral, as well as physical changes to their lifestyle. The successful implementation of these changes serves to motivate students to maintain personal fitness, proper nutrition, and lifelong healthy lifestyle choices. For more information on the course, visit <http://telelearning.dcccd.edu>.

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