Hunter Gatherer Health

Directions: Read and annotate “Staying Fit Isn’t a New Year’s Resolution For These Hunter-Gatherers.” Then answer the following questions:

1. Who wrote the article?
2. When was it published?
3. Who did the research for the article?
4. Describe the daily activities for the following groups:
   1. Men:
   2. Women:
   3. Elderly:
   4. Children:
5. What tools are being used by the Hadza?
6. What health benefit do the Hadza receive from their activity level?
7. How is the exercise of the Hadza different than the exercise of most Americans?
8. Why is this study important and or helpful to us?