

Today's Agenda: 8/25/14

1. Students will receive 100 or 0 for health continuum homework grade.
2. Gallery Walk – what lifestyle choices could the people in the picture make in order to improve their quality of health.
- 3. TO: Why is physical activity important?**
4. Students will create a three day calendar of health choices to include physical activity.



What kinds of physical activities do you enjoy?



Whatever your preference, regular physical activity enhances your health.



In this lesson, you'll learn to:

- **Understand** the importance of regular physical activity for enhancing and maintaining personal health throughout the life span.
- **Examine** the effects of regular physical activity on body systems.
- **Analyze** the relationship between regular physical activity and disease prevention.
- **Discover** ways to incorporate physical activity into daily life.



Different Forms of Physical Activity

- Physical activity may be purposeful, such as when you exercise or play sports.
- It may also occur as part of your regular routine—for example, when you wash the car or take the dog for a walk.



What Is Physical Fitness?

Many forms of physical activity can improve your level of **physical fitness**.

Maintaining a high level of physical fitness:

- Gives you a sense of total well-being.
- Is an **important lifelong health goal**.



Benefits to Physical Health

Regular physical activity can:

- Reduce chronic fatigue and stiffness.
- Make your **body stronger**, increase your energy, and improve your posture.
- Strengthen your muscles and bones and help reduce the risk of many serious diseases.



Effects of Physical Activity on Body Systems

**Cardiovascular
System**



**Respiratory
System**

**Nervous
System**

- Regular physical activity **strengthens the heart muscle.**
- This allows the heart to pump blood more efficiently.



Benefits to Mental/Emotional Health

- Helps reduce stress
- Allows you to **manage anger** or frustration in a healthy way
- Improves your mood and **decreases your risk of depression**
- Helps you look and feel better
- Reduces mental fatigue
- Contributes to a positive self-concept
- Gives you a “can-do” spirit when faced with new challenges



Benefits to Social Health

Physical activity:

- Builds **self-confidence**, which helps you cope better in social situations, such as when you meet new people.
- Gives you the **opportunity to interact** and cooperate **with others**.
- Helps you manage stress, which can enhance your relationships with others.



Statistics on Physical Activity

The Centers for Disease Control and Prevention (CDC) has found these troubling facts about U.S. high school students:

- More than 35 percent of teens do not participate regularly in vigorous physical activity.
- Participation in regular physical activity declines between ninth and twelfth grade: from 73 percent to 61 percent.
- Only 29 percent of teens attend a daily physical education class.



What Is a Sedentary Lifestyle?

Many teens have a sedentary lifestyle. Teens may spend much of their time watching TV, playing video games, or working on the computer rather than being physically active.



Negative Effects of a Sedentary Lifestyle

- Unhealthy **weight gain**, which is linked to several potentially life-threatening conditions, including cardiovascular disease, type 2 diabetes, and cancer
- An increased risk of osteoporosis
- A reduced ability to manage stress
- Decreased opportunities to meet and form friendships with active people who value and live a healthy lifestyle



Healthful Alternatives to Sedentary Activities

Instead of . . .	Try . . .
<ul style="list-style-type: none">• Taking an elevator or escalator• Playing video or computer games• Getting a ride to a friend's house• Using a shopping cart• Watching TV or taking a nap• Taking the car through a car wash	<ul style="list-style-type: none">• Taking the stairs• Playing soccer, basketball, or tennis• Walking, skating, or riding your bike there• Carrying groceries to the car• Gardening or mowing the lawn• Washing the car yourself



What Is Metabolism?

- Understanding metabolism can help you maintain a healthy weight.
- Food's energy value is measured in units of heat called **calories**. Additional calories must be burned through physical activity or they will be stored in the body as fat.
- When you are **physically active**, your metabolic rate rises and your body burns more calories than when it is at rest.
- To stay within a healthy weight range, it's important to develop good eating habits and be physically active on a regular basis.



Lifelong Physical Activities

- Health professionals recommend that teens incorporate 60 minutes of moderate physical activity into their daily lives.
- Activities that get you moving count toward your daily total.
- Some examples of lifelong activities include hiking, swimming, golfing, biking, racquetball, tennis, and bowling.



Calendar of Health Choices

You will create a calendar for three days. On that calendar you must plan the following activities:

1. Breakfast meal
2. Hours spent at school
3. Lunch at school
4. Snack
5. Physical activity
6. Time for homework
7. Dinner
8. Bedtime

Remember there are 24 hours in a day so each hour must be accounted for.



Choose the appropriate option.

Q. _____ is a condition characterized by a decrease in bone density.

1. Physical activity
2. Osteoporosis
3. Sedentary lifestyle
4. Physical fitness



A. **Osteoporosis** is a condition characterized by a decrease in bone density.

Click **Next** to attempt another question.



Provide a short answer to the question given below.

Q. What is the difference between physical activity and physical fitness?

Click **Next** to view the answer.



- A.** **Physical activity** is any form of movement that causes your body to use energy.
- Physical fitness** is the ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands.

Click **Next** to attempt another question.



Provide a short answer to the question given below.

- Q.** Examine and briefly describe the effects of regular physical activity on three body systems.

Click **Next** to view the answer.



A. Effects of regular physical activity on three body systems:

- 1. Cardiovascular System** - Regular physical activity strengthens the heart muscle, allowing it to pump blood more efficiently.
- 2. Respiratory System** - When you engage in regular physical activity, your respiratory system begins to work more efficiently—you can breathe larger amounts of air, and the muscles used in respiration don't tire as quickly.
- 3. Nervous System** - By helping you respond more quickly to stimuli, physical activity can improve your reaction time.

Click **Next** to attempt another question.



Analyze the following situation.

Why does it take longer to get the maximum health benefit from leisurely walk than from swimming laps?



A. Correct! **Osteoporosis** is a condition characterized by a decrease in bone density.

Click **Next** to attempt another question.



You have answered the question incorrectly. Go back to try again, or click **Next** to view the correct answer.



Different Forms of Physical Activity

- Physical activity may be purposeful, such as when you exercise or play sports.
- It may also occur as part of your regular routine, for example, when you wash the car or take the dog for a walk.



Physical activity is any form of movement that causes your body to use energy.



What Is Physical Fitness?

Many forms of physical activity can improve your level of physical fitness.

Maintaining a high level of physical fitness:

- Gives you a sense of well-being.
- Is an important life goal.



Physical fitness is the ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands.

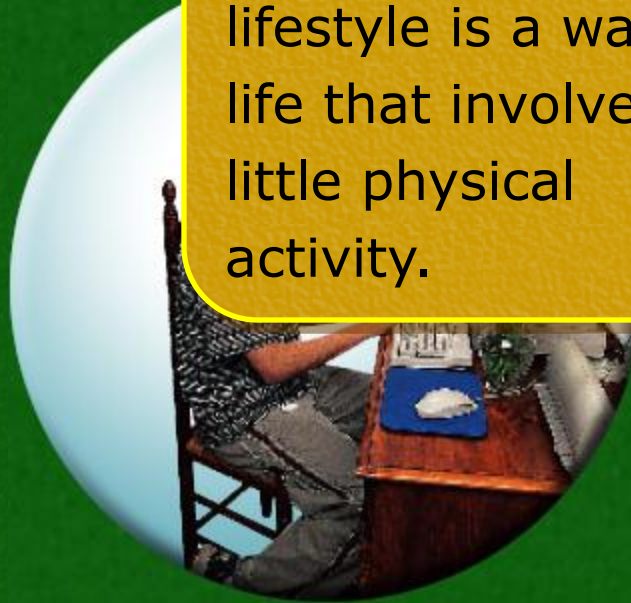


What Is a Sedentary Lifestyle?

Many teens have a sedentary lifestyle. Teens may spend much of their time watching TV, playing video games, or working on the computer rather than being physically active.



A sedentary lifestyle is a way of life that involves little physical activity.



Negative Effects of a Sedentary Life

- Unhealthy weight gain, which is associated with life-threatening conditions, including type 2 diabetes, and cancer
- An increased risk of osteoporosis
- A reduced ability to manage stress
- Decreased opportunities to meet and form friendships with active people who value and live a healthy lifestyle



Osteoporosis is a condition characterized by a decrease in bone density, producing porous and fragile bones.



What Is Metabolism?

- Understanding metabolism can help you maintain a healthy weight.
- Food's energy value is measured in calories. Additional calories are burned through physical activity or they will be stored as fat.
- When you are physically active, your metabolic rate rises and your body burns more calories than when it is at rest.
- To stay within a healthy weight range, it's important to develop good eating habits and be physically active on a regular basis.



Metabolism is the process by which your body gets energy from food.



Effects of Physical Activity on Body Systems

**Cardiovascular
System**

**Respiratory
System**

**Nervous
System**



- Regular physical activity makes the respiratory system work more efficiently.
- It allows you to inhale larger amounts of air and the muscles used in respiration don't tire as quickly.



Effects of Physical Activity on Body Systems

**Cardiovascular
System**

**Respiratory
System**

**Nervous
System**



- Physical activity helps you respond more quickly to stimuli.
- This improves your reaction time.

