

## Physical Fitness

James Levine is a doctor, researcher and inventor. He researches obesity worldwide. One thing he has found is that people who have work that allows them to physically move are leaner than those who have to sit at a desk all day. We, at Payton, do a lot of sitting as we study in class and out of class. It is imperative that we include movement in our day. For this unit, we will concentrate on injecting movement into our week. Your assignment this quarter is to do some physical movement several times each week. Go for a walk, a run, a bike ride. Do a workout by yourself, with your friends, following along with a dvd or a tv show. Being on a sports team can give you that physical exercise our bodies crave. Not everyone can join a team so maybe you can form an intramural team. Or just go for a walk with your family or friends. The important thing is to DO SOMETHING on a consistent basis.

Put down the books, the remote, the game controller, the keyboard, the phone and do some physical exercise for a little bit, a couple of times a week. Gym class and sport team workouts can count toward your physical time.

Assignment: We have five weeks until the end of the quarter. During four of these weeks, carve out a bit of time to do something physical. We will use the CDC's guidelines for adolescents. Your parent/guardian will have to sign that you did something. Use this week to set something up with your family. Bring back the notification & signature portion of this paper to the next class.

### **Centers for Disease Control and Prevention**

**Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.**

**<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>**

Our assignment will adjust this to 60 minutes 5 times a week. Fill out the portion below and bring it back next class.

Cut Here

Cut Here

Cut Here

Student Name \_\_\_\_\_

Class Period \_\_\_\_\_

Parent Name \_\_\_\_\_

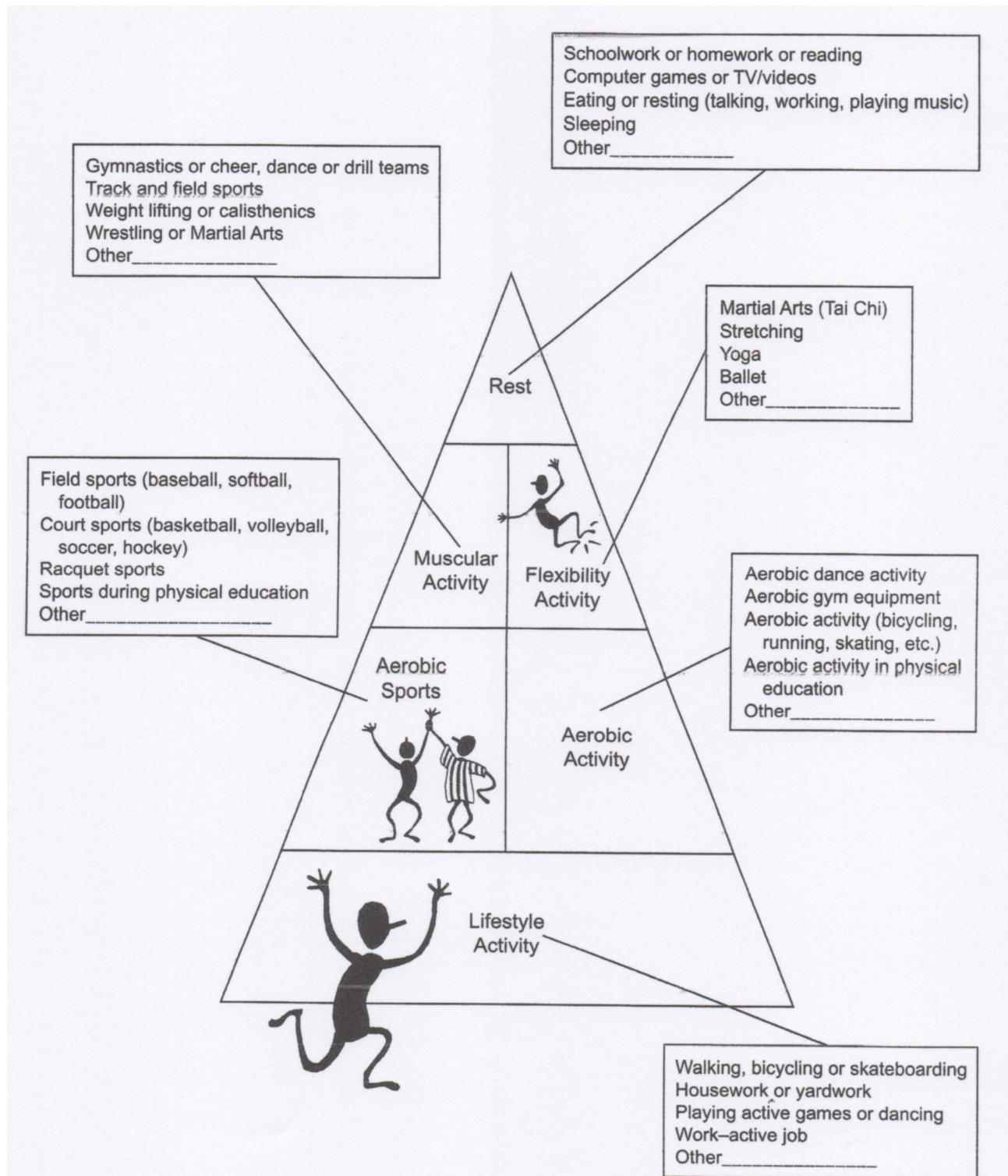
Plan for physical activity:

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_



# Activity Pyramid



## Descriptions of Intensity Levels

Light	Little or no movement, no increase in breathing rate, easy
Moderate	Movement equal in intensity to a brisk walk, some increase in breathing rate, not too difficult
Vigorous (hard)	Moving quickly, breathing hard, hard effort level

Note: Rest is defaulted to an intensity level of Very Light

**Physical activity** refers to movements that require the use of your large muscles (such as your arms and legs) and that make you breathe hard or sweat. The Activity Pyramid provides a way to categorize the different types of activities that you do.

**Lifestyle activities** are things you do as part of your normal day (walking, bike riding, playing, housework, or yard work).

**Aerobic activities** are things you do to improve your aerobic fitness (e.g., jogging, bike riding, swimming, dancing).

**Aerobic sports** are sports that involve a lot of movement. These may be sports you do for fun with a few people or ones that you do as part of a team.

**Muscular activities** are things that require a lot of strength.

**Flexibility activities** are things that might involve stretching your muscles.

**Activities can be done at different intensities.** An activity that mostly involves sitting or standing but little motion can be considered a **REST** activity (example = sitting in class or reading). An activity that involves slow movements but is not too tiring might be called **LIGHT** (example = slow walk or stroll).

An activity that involves quick movements or running, or one that makes you breathe hard, would be called **VIGOROUS** (example = fast jog). Activities that are between **LIGHT** and **VIGOROUS** would be called **MODERATE** (brisk walk). Activity doesn't have to be vigorous to be beneficial.

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy — such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after school or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, join a walking group or lift weights. Clean the house or wash the car. Do stretches, jog in place or exercise while watching TV. Exercise to a workout video. Get off the bus or subway one stop early and walk the rest of the way. Have fun while being active.



