

# Physical Activity

## Barriers/ Challenges

## What To Do

**I do not have enough time.**

- Walk or ride bike to and from school or church. During school, play basketball, jump rope, or tag at breaks and lunch time.
- At home, help with chores such as gardening or yard work, dance in your room, or jump rope in the garage.
- On the weekends, go for a bike ride or a hike with a family member, go swimming, play tennis, play catch, go to the park, go to a gym, help out around the house.

**I don't like to exercise.  
I don't want to get sweaty.**

- Be creative. Try walking instead of getting a ride, taking the stairs instead of the elevator, playing with a younger sibling or relative, doing chores around the house, or dancing. These all count as physical activity.

**I'm not good at sports.**

- Try new activities like golf, weight lifting, or dancing.
- Walk or ride bike to and from school or church. During school, play basketball, jump rope, or tag at breaks and lunch time.
- At home, help with household chores such as gardening or yard work, dance in your room, or jump rope in the garage.
- On the weekends, go for a bike ride or a hike with a family member, go swimming, play tennis, play catch, go to the park, go to a gym, help out around the house.

**I prefer other activities such as watching TV, using computers, talking on the phone.**

- Try new activities like Tae Bo, karate, capoeira, Akido, yoga, Tai Chi.
- Set limits on how much time you spend watching TV, playing video games, surfing the Internet, or talking on the phone.
- Find other people to be active with. Join a school or community sports team or find a friend to be active with.
- Walk or ride your bike to an arcade.

**I don't care.**

- Think about all the benefits you get from being physically active: stronger muscles, bones, and heart; prevention of disease and weight control; can make some people feel more energetic.

**It's not safe.**

- Get a parent or older sibling to be active with you.

Adapted from: Team Nutrition- Empowering Youth with Nutrition and Physical Activity



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.



## TRACKS Extension Lesson

### Physical Activity

#### *Benefits of Physical Activity*

Grade 9-12

#### **I. Nutrition Education Objective:**

Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health.

Objective: As a result of Pennsylvania's SNAP-Ed plan, student will know, understand, analyze and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:

1. Being physically active every day as part of a healthy lifestyle

#### **II. Pennsylvania Educational Standards:**

- A. 1.2 Reading Critically in All Content Areas
- B. 1.6 Speaking and Listening
- C. 10.2 Healthful Living

#### **III. Outcomes:**

- A. Students will explain the relationship between fitness and health.
- B. Students will identify health benefits of physical activity.

#### **IV. Materials:**

- A. Handout: "Benefits of Physical Activity"

#### **V. Procedure:**

##### *A. Introductory:*

1. Discuss the importance and benefits of physical activity. Physical activity can relieve stress and reduce one's risk of many diseases. Physical activity also works to maintain energy balance.
2. Ask: How much activity do teens need daily? How can you incorporate exercise into you day?

##### *B. Developmental:*

1. Distribute "*Benefits of Physical Activity*" to each student. Students will fill-in the information based on current knowledge of health benefits of exercise.

##### *C. Concluding:*

1. Review Handout with students. Address any questions about the health benefits of physical activity.



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# Benefits of Physical Activity

Fill in the blanks using the words below. Use each word only once.

Muscle	Diabetes	Fat	Tire
Healthy	Blood pressure	Think	Bones
Running	Ourselves	Stressed	Physical activity

1. Being physically active improves strength, builds lean \_\_\_\_\_ mass and burns body \_\_\_\_\_.
2. Regular physical activity helps us maintain a weight that is \_\_\_\_\_ for us.
3. An active lifestyle helps protect us from many health problems, like heart disease, \_\_\_\_\_ and high \_\_\_\_\_.
4. Regular weight-bearing exercise, such as walking, \_\_\_\_\_, dancing and soccer, help make our \_\_\_\_\_ stronger.
5. You won't \_\_\_\_\_ as easily when you're physically active.
6. Being active helps us \_\_\_\_\_ better.
7. Many people feel less \_\_\_\_\_ or depressed when they are active.
8. \_\_\_\_\_ helps increase muscle strength and efficiency.
9. We feel better about \_\_\_\_\_ when we are active.

Adapted from: *Show Me Nutrition*, 7<sup>th</sup> & 8<sup>th</sup> grade curriculum, Published by University of Missouri Extension



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# Benefits of Physical Activity

## ANSWER KEY

Fill in the blanks using the words below. Use each word only once.

Muscle	Diabetes	Fat	Tire
Healthy	Blood pressure	Think	Bones
Running	Ourselves	Stressed	Physical activity

1. Being physically active improves strength, builds lean **muscle** mass and burns body **fat**.
2. Regular physical activity helps us maintain a weight that is **healthy** for us.
3. An active lifestyle helps protect us from many health problems, like heart disease, **diabetes** and high **blood pressure**.
4. Regular weight-bearing exercise, such as walking, **running**, dancing and soccer, help make our **bones** stronger.
5. You won't **tire** as easily when you're physically active.
6. Being active helps us **think** better.
7. Many people feel less **stressed** or depressed when they are active.
8. **Physical activity** helps increase muscle strength and efficiency.
9. We feel better about **ourselves** when we are active.

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# My Physical Activity Goals

How physically active are you? In the boxes below, write down the physical activity you usually do in a week.

Physical Activity?	Intensity? (Easy, moderate, or hard)	Frequency and Time (number of minutes on each day)						
		MON	TUE	WED	THU	FRI	SAT	SUN
<i>Basketball</i>	<i>Hard</i>	<i>20</i>	<i>20</i>	<i>20</i>	<i>20</i>	<i>20</i>		
	<b>Total Minutes</b>							

Did you get at least 60 minutes of physical activity every day?

Yes     No

How can you be more physically active? Set three goals to increase your physical activity.

## Examples:

Trade physically inactive time for physically active time. (I could ride my bike instead of watching TV after school on Mondays and Thursdays.)

Add new physical activities. (I could walk to church instead of getting a ride.)

Do more of what you are already doing. (I could play basketball for 30 minutes a day instead of 20 minutes Monday through Friday.)

## My Physical Activity Goals

I could \_\_\_\_\_ instead of \_\_\_\_\_

When? \_\_\_\_\_

I could \_\_\_\_\_ instead of \_\_\_\_\_

When? \_\_\_\_\_

I could \_\_\_\_\_ instead of \_\_\_\_\_

When? \_\_\_\_\_

Your Signature \_\_\_\_\_ Date \_\_\_\_\_



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## My Physical Activity Log

Use the goals you set to help you meet your daily physical activity recommendation. Keep track of what you do, when you do it, and for how long. Add up your minutes of physical activity each day to see if you get at least 60 minutes.

<b>What I did on:</b>		
<b>What:</b>	<b>When:</b>	<b>How Long:</b>
How many minutes of physical activity did you get today?		
<b>What I did on:</b>		
<b>What:</b>	<b>When:</b>	<b>How Long:</b>
How many minutes of physical activity did you get today?		
<b>What I did on:</b>		
<b>What:</b>	<b>When:</b>	<b>How Long:</b>
How many minutes of physical activity did you get today?		
<b>What I did on:</b>		
<b>What:</b>	<b>When:</b>	<b>How Long:</b>
How many minutes of physical activity did you get today?		
<b>What I did on:</b>		
<b>What:</b>	<b>When:</b>	<b>How Long:</b>
How many minutes of physical activity did you get today?		

Did you get 60 minutes of physical activity every day?  Yes  No

Did you meet your physical activity goals?  Yes  No

Your Signature \_\_\_\_\_ Date \_\_\_\_\_



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# My Physical Activity Log

Use the goals you set to help you meet your daily physical activity recommendation. Keep track of what you do, when you do it, and for how long. Add your minutes of physical activity each day to see if you get at least 60 minutes.

<b>What I did on: Monday, April 23</b>		<b>What I did on: Friday, April 27</b>	
<b>What:</b> Walked to school Played tag Played basketball	<b>When:</b> Before school At lunch After school	<b>What:</b> Walked to school Jumped rope Rode bike	<b>When:</b> Before school At lunch After school
How many minutes of physical activity did you get today? 45 minutes		How many minutes of physical activity did you get today? 55 minutes	
<b>What I did on: Tuesday, April 24</b>		<b>What I did on: Saturday, April 28</b>	
<b>What:</b> Walked to school Walked home	<b>When:</b> Before school After school	<b>What:</b> Walked to/from pool Swam	<b>When:</b> Morning Morning
How many minutes of physical activity did you get today? 20 minutes		How many minutes of physical activity did you get today? 80 minutes	
<b>What I did on: Wednesday, April 25</b>		<b>What I did on: Sunday, April 29</b>	
<b>What:</b> Walked to school Played basketball Walked home	<b>When:</b> Before school At lunch After school	<b>What:</b> Walked to/from church Washed car, mowed lawn, vacuumed	<b>When:</b> Morning Afternoon
How many minutes of physical activity did you get today? 40 minutes		How many minutes of physical activity did you get today? 90 minutes	
<b>What I did on: Thursday, April 26</b>			
<b>What:</b> Walked to school Played soccer	<b>When:</b> Before school After school		
How many minutes of physical activity did you get today? 70 minutes			

Did you get 60 minutes of physical activity every day?  Yes  No

Did you meet your physical activity goals?  Yes  No

Your Signature \_\_\_\_\_

Date \_\_\_\_\_



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