

# Healthy and Wise



Middle School Unit 1

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## STRIVE for Fitness



One of the most important steps you can take towards good health is to be physically active every day. In fact, it is highly recommended that adolescents get at least 60 minutes of physical activity daily.

**Fitness** is the state in which the body looks, feels, and performs at its best. It is achieved through regular physical activity, proper hydration, good nutrition, and adequate sleep. During the school

year, your PE teacher plans physical activities to help students improve their fitness level or maintain their current level of fitness. However, it is important that adolescents also stay active during weekends, school holidays, and summer breaks.

**A good fitness program includes the following components and recommendations:**

**WARM-UP** - Start with 5-10 minutes of low intensity exercises, such as walking, slow jogging, knee lifts, arm circles, or trunk rotations. These low intensity movements stimulate the muscles and prepare them for more vigorous exercise ahead.

**FLEXIBILITY** - Complete 10-12 minutes of daily stretching exercises performed slowly without a bouncing motion. This can be included after a warm-up or during a cool down.

**AEROBIC** - Strive for at least three to five 20-30 minute sessions of continuous aerobic exercises each week. Popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, jumping rope, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

**MUSCLE and BONE STRENGTHENING** - Get a minimum of three 20-30 minute sessions per week that include weight bearing exercises for all major muscle groups. Good exercises include body weight exercises, such as push-ups, pull-ups, sit-ups, lunges, and exercises using resistance bands, weight machines, and free weights.

**COOL DOWN** - Have a minimum of 5-10 minutes of slow walking, or another type of low-level exercise, combined with stretching after a workout.

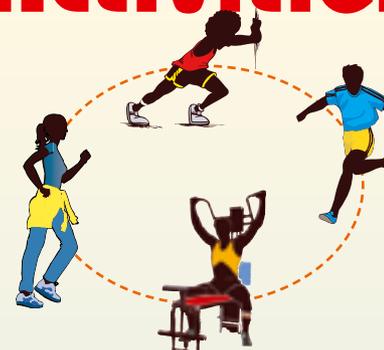
### Discussion Questions:

**What do you do to stay fit when you aren't in a PE class?**

**What kinds of muscle and bone strengthening exercises do you do on a regular basis?**



### Activities



1. Demonstrate exercises for each component or recommendation of a good fitness program as described in the Healthy and Wise article. Make a plan for the upcoming weekend that includes all of the fitness components.
2. A pictograph uses pictures to represent data. Create a pictograph for the physical activities you perform on a regular basis. Estimate the number of minutes you spend involved in each physical activity. Can you read another classmate's pictograph?
3. Record the amount of time you are physically active each day this week in your journal. Describe or draw each physical activity and the estimated minutes. Are you getting at least 60 minutes of physical activity each day?
4. In groups, discuss the recommendations in the article. Ask each member to identify the components or recommendations they are incorporating and the recommendations they feel they are neglecting.

### Home Connection

Families must schedule time to be physically active if they want to improve their fitness level. Ask each member of your family to list one physical activity that can be done together as a family. Bring your list back to class to share with your classmates.

**TEACHERS, STUDENTS, AND PARENTS**

Additional activities, instructional guides, and correlations can be accessed and downloaded at [www.caprockpress.com](http://www.caprockpress.com)