

Worksheet 3: Fitness and Wellness for All

worksheet 3: Fitness for Life



worksheet 3: Fitness for Life

Question

What is meant by the term *physical fitness*?



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Answer

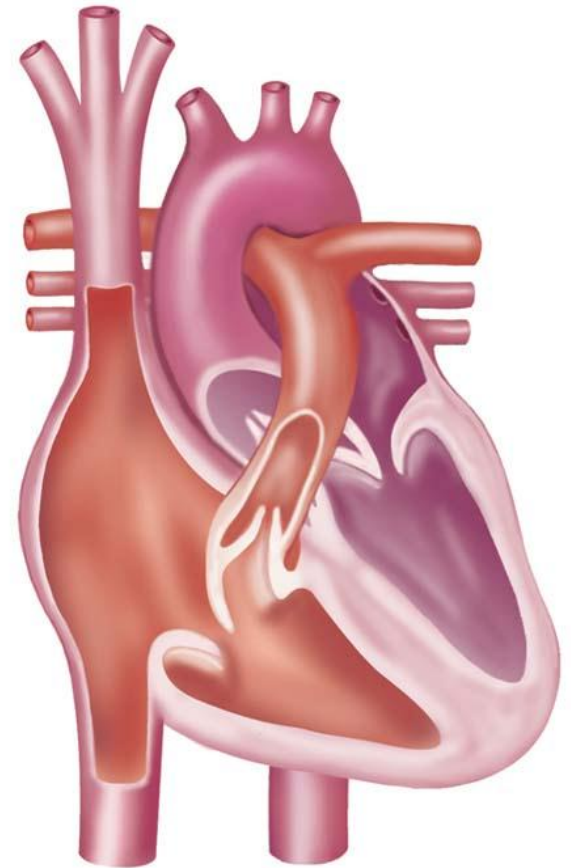
Physical fitness is the ability of the body systems to work together efficiently to enhance health and improve performance in our daily lives.



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Some of the systems that work together are

- muscles,
- heart and cardiovascular system,
- respiratory system,
- skeletal system, and
- nervous system.



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Question

Why is it important for people to be physically fit?



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Answer

Physical fitness can

- lower the risk of diseases,
- improve the quality of life,
- lower the risk of injury,
- improve sport performance,
- improve work efficiency, and
- help you have energy to enjoy leisure.

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Question

What does the term *wellness* mean?



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- Define Wellness: Wellness is a state of being that enables you to reach your fullest potential.
- It includes the following areas of our lives: Intellectual (being well informed), Social (being involved), Emotional (being happy) , Physical (being physically fit) and Spiritual (being fulfilled)
- Wellness is the positive component of good health.

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Question

What is meant by the term *physical activity*?



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- Physical Activity is movement of the large muscles of the body.
- P.A. includes sports, dance, and activities done at home or work such as walking, climbing stairs, or mowing the lawn. Most people become less physically active as they grow older.
- The Surgeon General's report on Physical Activity and Health indicates that Physical inactivity is a major risk factor for many Hypokinetic diseases.

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- Define Exercise



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- Exercise is physical activity done for the purpose of getting fit and is a scheduled period of time.
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- Good Health and Wellness helps us to be more physically active.
- This cycle is called the Cycle of Physical Activity.
- The top box is PHYSICAL ACTIVITY
which leads to PHYSICAL FITNESS
...which leads to WELLNESS which
leads back to Physical Activity.

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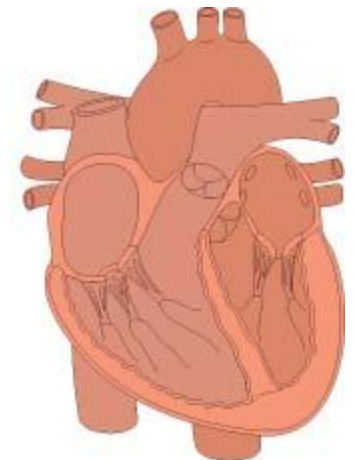
Question

What are the health benefits from being physically active and physically fit?

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People who are physically fit have

- LOWER RISK of HYPOKINETIC DISEASES.....
(cardiovascular diseases, Type II diabetes, osteoporosis, obesity).
- LOWER RISK of BACK PROBLEMS.
- Fit people can also: COPE WELL WITH STRESS...
or emergency situations.
- less likelihood of smoking cigarettes.
- participate in sports and outdoor recreational activities.
- function better as they grow older
- Lead physically active and happy lives



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Question

How can a person increase the amount of physical activity he/she may get in a day?

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Answer

A person increases the amount of physical activity he/she may get in a day by

- scheduled exercise / workout sessions,
- Walk or ride a bike to work
- do daily lifestyle activity (yard work, gardening).

Worksheet 3: Physical Activity

Question

What are the stages of physical activity?

Worksheet 3: Physical Activity

Answer

The Stages of Physical Activity are:

- Couch potatoe – doing little or no activity
- Inactive thinker – thinking about beginning activity
- Planner – planning to be active
- Activator – beginning an activity program
- Active exerciser – the ultimate goal: doing regular activity

Worksheet 4: Physical Activity

Question

How active are teenagers?

Worksheet 3: Physical Activity

Answer

- Many teens are **not** active exercisers.
- Girls are **less** active than boys in all types of activity other than flexibility exercises.
- Activity levels decrease as teens get older.



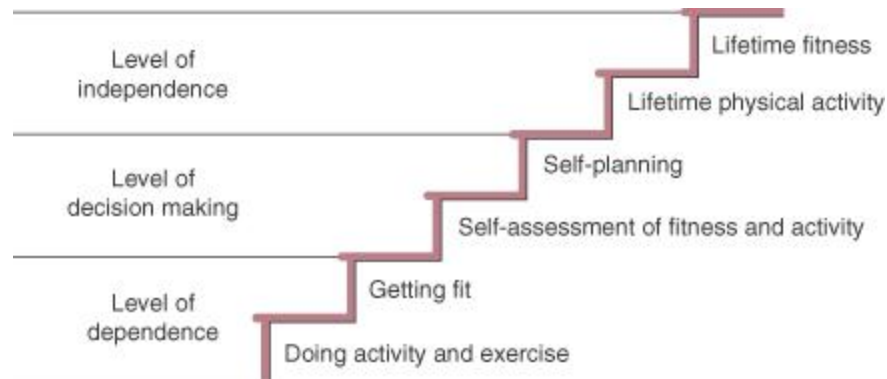
Worksheet 3: Fitness Through Physical Activity

Question

What is the Stairway to Lifetime Fitness?

Worksheet 3: Fitness Through Physical Activity

a step by step process of becoming physically fit.



Worksheet 3: Fitness Through Physical Activity

Question

How is moving up the stairway helpful to becoming active and fit?

Worksheet 3: Fitness Through Physical Activity

As you climb the stairway you become more independent (less dependent) in your own fitness program by:

- Become physically active (DO)
- Become more fit
- Learn to self-assess your own fitness
- Learn to plan your own program and self-management skills
- Learn to solve problems and make good decisions
- Become fit and active for the rest of your life

- End lecture worksheet 3

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Question

What lifestyles lead to good health and wellness?

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If you are healthy

- you are free from illnesses,
- you have good wellness,
- you have good physical fitness, and
- you have other indications of health that a doctor can measure, such as healthy blood pressure and cholesterol levels.
- Early definitions concentrated on illness; now they include wellness.



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Answer

Lifestyles that lead to good health include

- being physically active on a regular basis,
- eating well,
- coping with stress,
- using good personal health practices, and
- avoiding destructive habits.



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Question

What types of jobs and careers do not require much physical activity?

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Answer

Careers in

- outdoor recreation,
- trades such as building, roofing, or gardening,
- military, police work, fire department, and
- professional sports.



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Question

What types of jobs and careers feature a high physical activity component?

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Answer

Careers in

- office work,
- computer jobs,
- hair styling,
- dentistry,
- library science,
- some types of teaching, and
- other white-collar jobs.



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Question

How can we tell who the most physically active people in this class might be?

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Answer

The most physically active people in this class probably

- do many in-school activities:
 - physical education
 - sports teams
 - intramurals
- do many out-of-school activities:
 - community sports
 - active work
 - lifestyle or recreational activity



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Question

What are other benefits of being physically active and physically fit?

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Answer

Fit people can

- cope well with stressful or emergency situations,
- participate in sports and outdoor recreational activities,
- function better as they grow older, and
- lead physically active and happy lives.

Self-Assessment 1: Exercise Basics

There are two objectives:

- to learn how to do warm-up and cool-down exercises, and
- to learn how to count heart rate.

Consult your workbook and follow the guidelines for self-assessment in this chapter.

Self-Assessment 1: Exercise Basics

Question

Describe the five warm-up exercises. What is the purpose of each?

Self-Assessment 1: Exercise Basics

Answer

Some warm-up exercises are

- heart warm-up (jogging, walking),
- side stretch (abdominal, side muscles),
- knee-to-chest stretch (low back, buttocks),
- back and hip stretch (back and hip), and
- two-leg calf stretch (calf).

(See text for photos, pages 7-9.)



Self-Assessment 1: Exercise Basics

Question

Describe the two methods of counting heart rate (pulse). What are some good rules to follow for counting resting heart rate?

Self-Assessment 1: Exercise Basics

Answer

The two methods of counting heart rate (pulse) are:

1. carotid
(neck pulse)
2. radial
(wrist pulse)



Self-Assessment 1: Exercise Basics

Answer

Some good rules to follow for counting resting heart rate are

- count early in morning, and
- determine one-minute resting rate, using
- 15 sec x 4, 10 sec x 6, 6 sec x 10.

Self-Assessment 1: Exercise Basics

Question

What are some good rules to follow for counting exercise heart rate?

Self-Assessment 1: Exercise Basics

Answer

Some good rules to follow for counting exercise heart rate are

- locate pulse quickly,
- do typical exercise before count, and
- choose a short count (e.g., 15 sec x 4) because long counts allow heart rate to slow down.