



#9634

10 REASONS TO GET & STAY IN SHAPE

HUMAN RELATIONS MEDIA, 2001

Grade Levels: 8-12

24 minutes

DESCRIPTION

Promotes ten reasons exercise is beneficial, including improved body systems, elevated mood, healthier heart and lungs, and enhanced total well-being.

ACADEMIC STANDARDS

Subject Area: Physical Education

- ★ Standard: Understands the benefits and costs associated with participation in physical activity
 - Benchmark: Understands long-term physiological benefits of regular participation in physical activity (e.g., improved cardiovascular and muscular strength, improved flexibility and body composition) (See Instructional Goal #1.)
 - Benchmark: Understands long-term psychological benefits of regular participation in physical activity (e.g., healthy self-image, stress reduction, strong mental and emotional health) (See Instructional Goal #1.)
- ★ Standard: Understands how to monitor and maintain a health-enhancing level of physical fitness
 - Benchmark: Designs a personal fitness program that is based on the basic principles of training and encompasses all components of fitness (e.g., cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility, and body composition) (See Instructional Goal #3.)
 - Benchmark: Knows how to interpret the results of physical fitness assessments and use the information to develop individual fitness goals (See Instructional Goal #3.)
 - Benchmark: Understands the role of exercise and other factors in weight control and body composition (See Instructional Goal #2.)

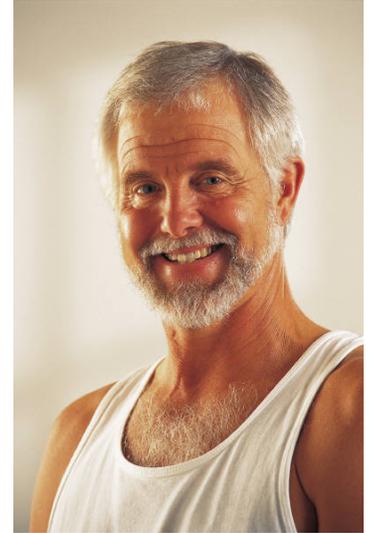


INSTRUCTIONAL GOALS

1. To review psychological and physical benefits of being fit.
2. To emphasize how exercise reduces the chances of getting serious lifestyle diseases.
3. To introduce specific suggestions for being fit and healthy.

VOCABULARY

1. aerobic
2. amino acids
3. basal metabolic rate (BMR)
4. body composition
5. calorie
6. carbohydrate
7. diabetes
8. DNA and RNA
9. flexibility
10. genes
11. protein
12. strength
13. vitamins
14. cardiovascular
15. psychological
16. endurance
17. bone density
18. enhanced
19. life expectancy
20. in shape



BEFORE SHOWING

1. Hypothesize the ten reasons to get and stay in shape.
2. Evaluate your current personal fitness.

AFTER SHOWING

► Discussion Items and Questions

1. List the ten reasons the video gives for getting and staying in shape. Compare with the list made before watching the video. (See Before Showing #1.)
 - a. How does exercising enhance mood?
 - b. What are the cardiovascular benefits of exercise?
 - c. How does exercising develop stronger, more efficient muscles?
 - d. Why is healthy lung function important to being in shape?
 - e. What is the value of having healthier bones?
 - f. How can you have better weight control?
 - g. Why is improved sleep important?
 - h. What does enhanced total health mean?
 - i. How does getting in shape influence recovering from illnesses more quickly?
 - j. What is the promise of a healthier, happier, and more active life?
2. What are some reasons that young people are less fit than ever before?
3. What are some of the diseases linked to obesity?
4. How does Dr. Craig Harms compare teenage fitness to a bank account?
5. What are some of the psychological effects of exercising?
6. What is cholesterol? What is the difference between HDL and LDL?
7. What is the single most destructive activity for the respiratory system?
8. What is osteoporosis? How can exercise lower the risk of developing it?
9. How can exercise prevent colds and other illnesses?



► Applications and Activities

1. Design and implement an exercise program. To make your exercise program more personal consider the following.
 - a. What do you want to get out of an exercise program? Which reasons for getting fit are most important to you? What are your physical goals?
 - b. How much time each day or week can you commit to exercise? At what time of day are you most likely to exercise?
 - c. What kind of physical activities do you enjoy? What kind of physical activities do you dislike?
 - d. Would you prefer to exercise alone, with a partner, or in a group? Why?
 - e. What kinds of things might keep you from exercising?
2. Evaluate and plan to improve your current eating habits. (See Related Resources.)
3. Create alternatives to the following activities.
 - a. watching a TV show about forests
 - b. driving to the park
 - c. getting drive-through fast-food
 - d. going on-line to shop for a gift
 - e. playing a computer baseball game
 - f. calling a friend to chat
 - g. trimming the bushes with an electric trimmer
 - h. watching a documentary about an Olympic swimmer
 - i. ordering a pizza
 - j. reading a magazine about musical groups
4. Research the link between lack of physical fitness and one of the following diseases: cancer, diabetes, heart disease, high blood pressure, high cholesterol, osteoporosis, stroke, or arthritis.
 - a. What are the basic risk factors of the disease?
 - b. What are the symptoms of the disease?
 - c. What are the most common treatments?
 - d. What is the outlook for someone with the disease?
 - e. What is the physical connection between obesity and the disease? Between fitness and the disease?
 - f. How much can good health lower the risk of the disease?



RELATED RESOURCES



- [Fitness and Conditioning: Benefits for a Lifetime #7838](#)
- [Introduction to Lifelong Physical Fitness #9632](#)
- [Managing Your Weight Without Dieting #3153](#)



World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.



- **COOL NURSE: TEEN HEALTH**

<http://www.coolnurse.com/>

This site offers in-depth information for teens on topics including first aid, looking good, mental health, sex issues, fitness and nutrition, social life, and teen safety. It also has a quiz section, hotline numbers, and a glossary.



- **FIT TEEN**

<http://www.fitteen.com/>

Offering sections on diet, exercise, recipes, and teen-to-teen interactions, this site also provides related links, answers to frequently asked questions, and up-to-date news articles.

- **HOPKINS TECHNOLOGY**

<http://www.hoptechno.com/>

This is a company web site that includes a section of "free stuff"; it has a free nutrition lookup program, a recipe analysis program, and free health-related articles from Uncle Sam.