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*?
Answer

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

• muscles,
• heart and cardiovascular system,
• respiratory system,
• skeletal system, and
• nervous system.
worksheet 3: Fitness for Life

Question

Why is it important for people to be physically fit?
worksheet 3: Fitness for Life

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.
worksheet 3: Fitness for Life

Question

What does the term *wellness* mean?
worksheet 3: Fitness for Life

• 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.
worksheet 3: Fitness for Life

Question

What is meant by the term *physical activity*?
worksheet 3: Fitness for Life

• 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.
worksheet 3: Fitness for Life

- Define Exercise
worksheet 3: Fitness for Life

- Exercise is physical activity done for the purpose of getting fit and is a scheduled period of time.
worksheet 3: Fitness for Life

• 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.
worksheet 3: Fitness for Life

Question

What are the health benefits from being physically active and physically fit?
worksheet 3: Fitness for Life

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
worksheet 3: Fitness for Life

Question

How can a person increase the amount of physical activity he/she may get in a day?
worksheet 3: Fitness for Life

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?
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
worksheet 3: Fitness for Life

Question

What lifestyles lead to good health and wellness?
worksheet 3: Fitness for Life

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.
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.
 worksheet 3: Fitness for Life

Question

What types of jobs and careers do not require much physical activity?
worksheet 3: Fitness for Life

Answer

Careers in
• outdoor recreation,
• trades such as building, roofing, or gardening,
• military, police work, fire department, and
• professional sports.
worksheet 3: Fitness for Life

Question

What types of jobs and careers feature a high physical activity component?
worksheet 3: Fitness for Life

Answer

Careers in
• office work,
• computer jobs,
• hair styling,
• dentistry,
• library science,
• some types of teaching, and
• other white-collar jobs.
Worksheet 3: Fitness for Life

Question

How can we tell who the most physically active people in this class might be?
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
worksheet 3: Fitness for Life

Question

What are other benefits of being physically active and physically fit?
worksheet 3: Fitness for Life

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?
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.