



LESSON 6

Move It! To Keep Your Health in Balance

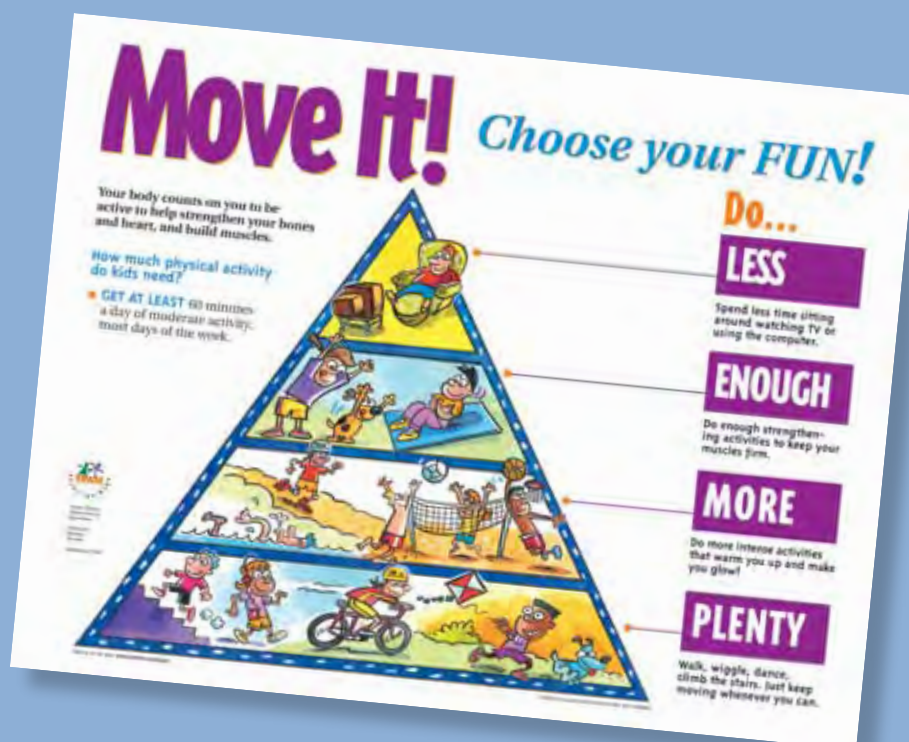
Overview:

Use the *Move It!* poster to explore types and levels of physical activities, benefits of being active, and the recommended amount of time for teens to be physically active. Explain the “Talk-Sing Test” as a general measure of physical activity.

After completing this lesson, students will be able to:

- Identify the recommendation to be physically active at least 60 minutes on most or all days of the week.
- Give examples of various levels of physical activity.
- Discuss benefits of being physically active.

- ▶ Display the *Move It!* poster to focus conversation on moving more and sitting less.



POINT OUT Look at the PLENTY section of the Activity Pyramid.
Do PLENTY of these moderate-level physical activities.

ASK ▶ **What kinds of common, everyday activities could you do just to move your body?**

(Walking briskly, dancing, riding a bike, hiking, and climbing stairs all count. Keep moving whenever you can. Fit physical activity into everyday living.)



POINT OUT Look at the MORE section of the Activity Pyramid.
Do MORE of these vigorous-level physical activities.

ASK ▶ **What kinds of things could you do to get your heart beating faster?**

(Running or jogging, swimming, walking fast, or jumping rope can do it for you. Vigorous activities warm you up and increase your heart rate and breathing rate.)

POINT OUT Look at the ENOUGH section of the Activity Pyramid.
Do ENOUGH of these stretching and strengthening activities.

ASK ▶ **What kinds of things could you do to get stronger? What could you do to keep your muscles and bones strong?**

(Do enough strengthening activities, such as weight training, to increase strength, keep your muscles firm, and build endurance. Resistance exercises, as well as carrying a backpack or groceries, can strengthen muscles.)



POINT OUT Look at the LESS section at the top of the Activity Pyramid.
Do LESS of these activities.

ASK ▶ **What kinds of things should you do less often?**

(Sitting around, watching TV, using the computer are examples. Too much sitting is linked with overweight and certain diseases.)



POINT OUT Being physically active benefits your health because it:

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| Increases physical fitness. | Builds muscle strength and stamina. |
| Helps improve body weight. | Helps you feel good about yourself. |
| Promotes fun with family and friends. | Helps you sleep better. |
| Improves relations within your family. | Reduces feelings of stress. |
| Makes the most of physical appearance. | Maintains healthy bones and joints. |
| Lowers the risk of heart disease, hypertension, type 2 diabetes, obesity, and some cancers. | |

REVIEW ▶ We all need to move more to stay healthy, keep a healthy weight, and have fun.

To stay healthy consider the amount of time you spend being physically active: on most or all days, teens need to get at least 60 minutes of physical activity, beyond the typical activities of day-to-day life.

ASK ▶ **How do you know how to judge your level of effort in being physically active?**

- Being **Physically Active** means moving your body at a level equal to walking for more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity of day-to-day life.
- Being **Somewhat Physically Active** means moving your body at a level equal to walking about 1½ to 3 miles at 3 to 4 miles per hour, beyond day-to-day life activities.
- Being **Physically Inactive** includes only the light physical activity of typical, day-to-day life.



ASK ► How can you tell if you are moving enough for your health?

(Keep track of the amount of time you move, and pay attention to the level of effort. Try setting a personal activity goal. Use the "Talk-Sing Test" below to see if you are moving at a rate that is good for you.)

The Talk-Sing Test

If you can talk while doing a physical activity, you are probably moving at a pace that is right for you. If you are too breathless to talk, slow down. If you can sing, you may not be moving enough. Pick up the pace.



POINT OUT Keep moving. Get regular physical activity to help you use up the calories from the foods you eat.

POINT OUT Being physically active is good for everyone. Do your friends and family a favor, and ask them to keep you company while you move more.

POINT OUT Physical activity and nutrition work together for better health. Physical activity is important for keeping your weight in balance and your bones healthy. It allows you to eat more, which makes it easier to get the nutrients you need.

SUMMARIZE:

- Remind students to get at least 60 minutes of physical activity, in addition to their day-to-day life activities, on most or all days of the week.
- Remind students about the types, amounts, and benefits of physical activity.

