
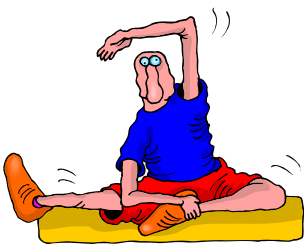








# Unit 21. Regular Exercise = Healthier People







# Vocabulary

## Some Types of Exercise

|   |   |  |   |
|---|---|--|---|
|  |  |  |  |
| running   | stretching  | aerobics   | jogging   |
| He's running.   | He's doing stretching exercises.  | She's doing aerobics.  | They're jogging.  |

|  |  |   |  |
|--|--|---|--|
|  |  |  |  |
| jumping rope   | walking  | lifting weights   | yoga   |
| He's jumping rope.   | They're walking in a walk-a-thon.  | He's lifting weights.   | He's practicing yoga.  |

|   |   |  |   |
|---|---|--|---|
|  |  |  |  |
| basketball  | hiking  | a bike (bicycle)   | swimming  |
| They're playing basketball.   | They're hiking.   | He's riding a bike.  | He's swimming.  |

## Pronunciation

| <b>y</b>  | <b>w</b> | <b>r</b> | <b>th</b> |
|-----------|----------|----------|-----------|
| yoga      | weight   | running  | thin      |
| yell      | wait     | rest     | thank     |
| yesterday | worry    | rope     | athletic  |
| yellow    | worth    | reason   | think     |
| yogurt    | wash     | right    | thought   |

| <b>sw</b> | <b>c</b>     | <b>ex</b> | <b>str</b> |
|-----------|--------------|-----------|------------|
| swim      | calorie      | exercise  | stress     |
| sweat     | carbohydrate | extra     | strength   |
| swallow   | calcium      | expect    | strong     |
| swollen   | cancer       | excellent | stretch    |
| sweet     | come         | explain   | stride     |

## Clap the Stress (X x = CLAP clap)

| <b>X</b> | <b>X x</b> | <b>X x x</b> | <b>x X x</b> | <b>x X x x</b> |
|----------|------------|--------------|--------------|----------------|
| heart    | swimming   | regular      | nutrition    | activity       |
| sweat    | golfing    | calorie      | nutritious   | obesity        |
| stress   | baseball   | exercise     | unhealthy    | longevity      |
| swim     | football   | physical     | important    | professional   |
| weight   | running    | heart attack | establish    | gymnasium      |
| think    | jumping    | cardiac      | aerobics     | particular     |
| stop     | jogging    | oxygen       | beginning    |                |

| <b>X x X</b>    | <b>x X x X x x</b>     | <b>x X x x X</b>          |
|-----------------|------------------------|---------------------------|
| jumping rope    | I need to exercise.    | Let's go to the beach.    |
| lifting weights | I want to exercise.    | Let's walk before lunch.  |
| playing tag     | He wants to exercise.  | Let's have a good snack.  |
| having fun      | She needs to exercise. | Let's try to lose weight. |

# Conversations



## Conversation 1

Person 1: Let's go to lunch.

Person 2: OK, I'll drive.

Person 1: Why don't we walk? It's only 3 blocks and I need the exercise.

Person 2: That's a good idea! I need more exercise, too.

## Conversation 2

Person 1: What's that?

Person 2: A chart.

Person 1: What are you doing?

Person 2: Figuring out my BMI.

Person 1: Your what?

Person 2: My BMI - my body mass index.

Person 1: Why?

Person 2: To see if my weight is OK. Here's how it works...

1. Using the chart below, look down the first column & find your height (in inches)  
2. Follow that line across to find your weight  
3. Move up the column to see your BMI

| BMI/Weight Status | 18.5 - 24.9 NORMAL |     |     |     |     |     |     |     |     |     | 25.0 - 29.9 OVERWEIGHT |     |     |     |     |     |     |     |     |     | 30.0 - 39.9 OBESE |     |     |     |     |     |     |     |     |     | 40 & above EXTREME OBESITY |  |  |  |  |  |  |  |  |  |
|-------------------|--------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|----------------------------|--|--|--|--|--|--|--|--|--|
|                   | 19                 | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29                     | 30  | 31  | 32  | 33  | 34  | 35  | 36  | 37  | 38  | 39                | 40  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  |                            |  |  |  |  |  |  |  |  |  |
| 66                | 118                | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179                    | 186 | 192 | 198 | 204 | 210 | 216 | 223 | 229 | 235 | 241               | 247 | 253 | 260 | 266 | 272 | 278 | 284 | 291 | 297 |                            |  |  |  |  |  |  |  |  |  |
| 67                | 121                | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185                    | 191 | 198 | 204 | 211 | 217 | 223 | 230 | 236 | 242 | 249               | 255 | 261 | 268 | 274 | 280 | 287 | 293 | 299 | 306 |                            |  |  |  |  |  |  |  |  |  |
| 68                | 125                | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190                    | 197 | 203 | 210 | 216 | 223 | 230 | 236 | 243 | 249 | 256               | 262 | 269 | 276 | 282 | 289 | 295 | 302 | 308 | 315 |                            |  |  |  |  |  |  |  |  |  |
| 69                | 128                | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196                    | 203 | 209 | 216 | 223 | 230 | 236 | 243 | 250 | 257 | 264               | 270 | 277 | 284 | 291 | 297 | 304 | 311 | 318 | 324 |                            |  |  |  |  |  |  |  |  |  |

## Conversation 3

Person 2: I'm 5 feet 7 inches tall, which is 67 inches.

So I find 67 inches on the chart.

Person 1: There it is: "Height in Inches... 67."

Person 2: OK, now I find how much I weigh—172 pounds.

Person 1: There it is: "172."

Person 2: Now I find the BMI number for 67 inches and 172 pounds.

Person 1: There it is: "27." Oh dear, it says you are overweight.

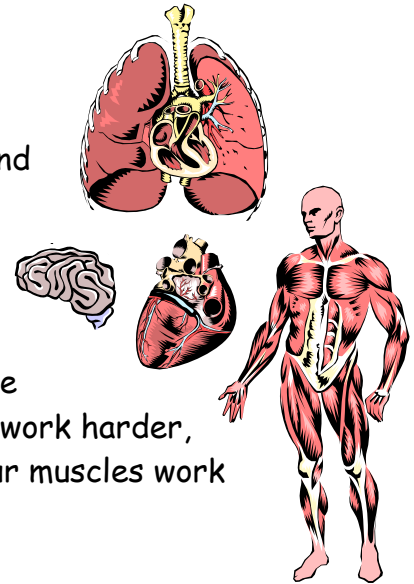
Person 2: I was afraid of that. I've got to get more exercise!

1. Using the chart below, look down the first column & find your height (in inches)  
2. Follow that line across to find your weight  
3. Move up the column to see your BMI

| BMI/Weight Status | 18.5 - 24.9 NORMAL |     |     |     |     |     |     |     |     |     | 25.0 - 29.9 OVERWEIGHT |     |     |     |     |     |     |     |     |     | 30.0 - 39.9 OBESE |     |     |     |     |     |     |     |     |     | 40 & above EXTREME OBESITY |  |  |  |  |  |  |  |  |  |
|-------------------|--------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|----------------------------|--|--|--|--|--|--|--|--|--|
|                   | 19                 | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29                     | 30  | 31  | 32  | 33  | 34  | 35  | 36  | 37  | 38  | 39                | 40  | 41  | 42  | 43  | 44  | 45  | 46  | 47  | 48  |                            |  |  |  |  |  |  |  |  |  |
| BMI               |                    |     |     |     |     |     |     |     |     |     |                        |     |     |     |     |     |     |     |     |     |                   |     |     |     |     |     |     |     |     |     |                            |  |  |  |  |  |  |  |  |  |
| Height in Inches  |                    |     |     |     |     |     |     |     |     |     |                        |     |     |     |     |     |     |     |     |     |                   |     |     |     |     |     |     |     |     |     |                            |  |  |  |  |  |  |  |  |  |
| 66                | 118                | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179                    | 186 | 192 | 198 | 204 | 210 | 216 | 223 | 229 | 235 | 241               | 247 | 253 | 260 | 266 | 272 | 278 | 284 | 291 | 297 |                            |  |  |  |  |  |  |  |  |  |
| 67                | 121                | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185                    | 191 | 198 | 204 | 211 | 217 | 223 | 230 | 236 | 242 | 249               | 255 | 261 | 268 | 274 | 280 | 287 | 293 | 299 | 306 |                            |  |  |  |  |  |  |  |  |  |
| 68                | 125                | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190                    | 197 | 203 | 210 | 216 | 223 | 230 | 236 | 243 | 249 | 256               | 262 | 269 | 276 | 282 | 289 | 295 | 302 | 308 | 315 |                            |  |  |  |  |  |  |  |  |  |
| 69                | 128                | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196                    | 203 | 209 | 216 | 223 | 230 | 236 | 243 | 250 | 257 | 264               | 270 | 277 | 284 | 291 | 297 | 304 | 311 | 318 | 324 |                            |  |  |  |  |  |  |  |  |  |

## What is Exercise?

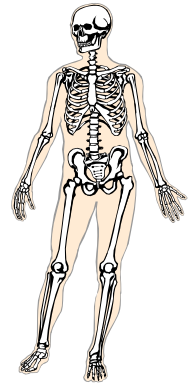
Exercise is physical activity that is good for your lungs and brain. Exercise is also good for your heart and other muscles. Some examples of exercise are: walking, biking, stretching, swimming, and playing soccer.



Exercise makes your heart beat faster. This means more oxygen will get to your brain. Exercise makes your lungs work harder, so more oxygen gets into your blood. Exercise makes your muscles work harder, so that you get stronger.

## Why Exercise?

Good food and regular exercise are the two most important parts of a healthy life. Good food gives you energy and keeps your bones strong. Regular exercise keeps your heart, bones and muscles strong. Exercise also gives you energy and helps you sleep better. Exercise can help you deal with stress and control your weight.



## Pinellas County Health Facts

More than 57% of the people who live in Pinellas County are overweight or obese. People who are overweight have more health problems such as strokes, cancer, high blood pressure, and diabetes than people of normal weight. The leading causes of death in Pinellas County are heart disease, cancer, and stroke.

## Know Your BMI (Body Mass Index)



The best weight for you depends on how tall you are, how much you weigh, and how much body fat you have. Doctors use BMI to determine the best weight for you. If it is less than 20, you are probably underweight. You need to gain weight. If your BMI is more than 25, you are probably overweight or obese. You need to lose weight. You can download BMI charts from the Internet. Go to <http://www.pinellashealth.com/STEPS/> then click on *Brochures and Media*. Then click on *Body Mass Index*. Then you can download or print a 2-page brochure that has the BMI chart.



## Who Needs to Exercise?

If you have a job that keeps you very active, you may not need more exercise. If you work in a busy restaurant, clean houses, pick fruit or vegetables or build homes or roads, you get a lot of exercise on the job.

If you spend a lot of time sitting or working at a desk, you need to add some exercise to your day, even if your weight is normal. If you weigh too much, you also need more exercise. Your BMI helps you know if you need exercise.

**NOTE: Always ask your doctor what kinds of exercise, and how much exercise, is best for you.**

## To Get More Exercise, Move More!

Everyone can get more exercise by walking more and moving more. When you are talking on your cell phone, walk. When you are sitting at your desk, stretch. When you are watching TV, stand up and do a few exercises during commercials.

Which of the following adults probably need more exercise?



Which of these children probably need more exercise?



## Every Day: Step More, Move More

Try to do about 30 minutes of physical activity a day, at least five days a week. There are many ways to exercise. Find exercises that you enjoy. Walking, running, swimming, and dancing are all good exercise. Always look for ways to get more exercise. For example, take a 10-minute walk before lunch and a 20-minute walk after work.

You can even do some exercises at your desk, or anywhere! Here is one of about a dozen desk exercises you can find at

[http://24.173.147.139/wellness/exerciseatyourdesks\\_1.asp](http://24.173.147.139/wellness/exerciseatyourdesks_1.asp).

### The Apple Picker

This stretch relieves tension in your arms, sides and waist. It feels great when done slowly and smoothly, so take your time. Do it the 1st thing in the morning and periodically throughout the day.

Stretch your arms up, one at a time, as high as you can, as if you were trying to pick an apple from a tree.

Repeat 10 times, alternating sides.

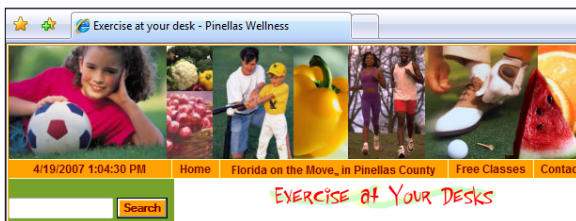


Mary Ruth and Sheba- Heart to Heart

## Internet Activities about Exercise

### Activity 1: Find and Try Another Desk Exercise

1. Go to [http://24.173.147.139/wellness/exerciseatyourdesks\\_1.asp](http://24.173.147.139/wellness/exerciseatyourdesks_1.asp).
2. Choose another desk exercise to try.  
Write its name here: \_\_\_\_\_
3. Do the exercise.
4. Be prepared to teach the exercise to your class.



## Activity 2: Find Out About Steps to a Healthier Florida

1. Go to <http://www.pinellaswellness.com/>.
2. Find the Health Tip of the Day. It will look something like this:




3. Copy the new Health Tip of the Day here:

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4. Now write a health tip of your own:

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## Activity 3: Find Out About America On the Move

1. Go to <http://www.pinellaswellness.com/>.
2. Click on the *Florida on the move* logo. It looks like this: 
3. What are the 3 leading causes of death in Pinellas County? Write your answer here: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
4. Click on [How to Join Florida on the Move in Pinellas County](#). If you decide to join, print out the instructions. Do exactly as they say. You will end up on another excellent website about *America on the Move*.
5. Click on [PinCHD Florida on the Move Walking Log](#). Print a copy. Try using it to record how much exercise you get each day. You can record your exercise in minutes, like this:

| Date   | #Steps/minutes of activity | Activities that may have helped you |
|--------|----------------------------|-------------------------------------|
| 2/5/07 | 20 minutes                 | walking                             |
| 2/6/07 | 30 minutes                 | gardening                           |

Or you can record your exercise in steps\*, like this:

| Date   | #Steps/minutes of activity | Activities that may have helped you |
|--------|----------------------------|-------------------------------------|
| 2/5/07 | 1,880 steps                | walking                             |
| 2/6/07 | 3,540 steps                | gardening                           |



\*Use the America on the Move "Activity Converted to Steps" chart to measure your activity in steps. (You have to join to get the chart, but it's free!) You can also buy and wear a pedometer for under \$10. It measures your day in steps.

## Activity 4: Things You Can Do Every Day for Your Health



1. Go to <http://www.pinellaswellness.com/>.
2. Click on **31 Ways to a Healthier You**.
3. Read the list. Then choose 5 to do.
4. Write the 5 activities you choose below. (See the sample.)
5. Write a checkmark ✓ every time you do one of the 5 activities. Write what you do every day. (See the sample.)
6. At the end of the week, see how many times you did each activity. How did you do?

| Activity               | M  | T        | W  | Th | F  | S | Sun | Total Times This Week |
|------------------------|----|----------|----|----|----|---|-----|-----------------------|
| <i>Take the stairs</i> | ✓✓ | ✓✓<br>✓✓ | ✓✓ | ✓  | ✓✓ |   | ✓✓  | <i>13</i>             |
| 1.                     |    |          |    |    |    |   |     |                       |
| 2.                     |    |          |    |    |    |   |     |                       |
| 3.                     |    |          |    |    |    |   |     |                       |
| 4.                     |    |          |    |    |    |   |     |                       |
| 5.                     |    |          |    |    |    |   |     |                       |

7. At the end of the week, answer the questions (below) using your chart (above).

1. Did you enjoy trying using the chart?

\_\_\_ Yes \_\_\_ No \_\_\_ Undecided

2. Will you continue to use the chart? Explain your answer.

\_\_\_ Yes \_\_\_ No \_\_\_ Undecided

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3. Are there other activities on the list that you will try? If so, write them here:

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# Writing About Health and Exercise

Think about how you feel. Are you healthy? Do you get good exercise? Are you unhealthy? Do you need more exercise? Write about one of these:

- How I Keep Myself Healthy
- My Favorite Exercise
- What I Need to Do to be More Healthy
- My Advice about Healthy Living
- Why It's Important to Ask Your Doctor about Your Weight and the Exercises You Can Do

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## Credits

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Additional information and photos are from these sources: *Pinellas County Health Department, <http://www.pinellashealth.com>; Welcome to the Pinellas Wellness Corner, <http://www.pinellaswellness.com>; Welcome to America on the Move, <http://gom.americaonthemove.org>; KidsHealth for Kids, <http://www.kidshealth.org>; Mayo Clinic (articles on obesity and exercise); <http://www.mayoclinic.com/health/obesity/DS00314>; Pinellas County, FL County Health Status Summary, <http://www.floridacharts.com>; and from *Your Guide to Physical Activity and Your Heart*, U. S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung and Blood Institute (NH Publication No. 06-5714, June 2006)*

*Please send any suggestions for improving this unit to Martha A. Lane, Living in Pinellas County curriculum designer and writer: [marti4lit@verizon.net](mailto:marti4lit@verizon.net).*