

## Lesson 1

# The Benefits of Physical Activity

### Guide to Reading

#### Building Vocabulary

Write each term below in your notebook and add a definition in pencil. As you read the lesson, be prepared to make corrections to your definitions.

- physical activity (p. 204)
- coordination (p. 205)
- balance (p. 205)
- calories (p. 205)
- physical fitness (p. 206)
- exercise (p. 207)
- aerobic exercise (p. 207)
- anaerobic exercise (p. 208)

#### Focusing on the Main Ideas

In this lesson, you will learn to

- analyze the benefits of physical activity.
- develop habits to improve your physical health.
- describe various types of physical activities.
- explain the importance of exercise to overall fitness.

#### Reading Strategy

**Predicting** Examine the headings, figures, and captions before you read this lesson. Predict what kinds of information you think you will learn.

**FOLDABLES Study Organizer** Use the Foldable® on p. 203 as you read this lesson.

### Quick Write

Write a short paragraph about the kinds of physical activity you do in a typical day.

### Choosing an Active Lifestyle

Connor and Marcus are identical twins. Although they look alike, their interests and health habits are different. When they have a choice between playing basketball or a video game, Connor chooses basketball and Marcus chooses the video game. When there is a choice between taking the stairs or an elevator, Connor takes the stairs. Can you guess which choice Marcus makes?

Which brother are you more like? If you are like Connor, you follow an active lifestyle that includes plenty of physical activity. **Physical activity** is any form of bodily movement that uses up energy. Health experts advise teens to get 60 minutes of physical activity on most days. This can be done all at once or divided into 10- or 15-minute bursts of activity.

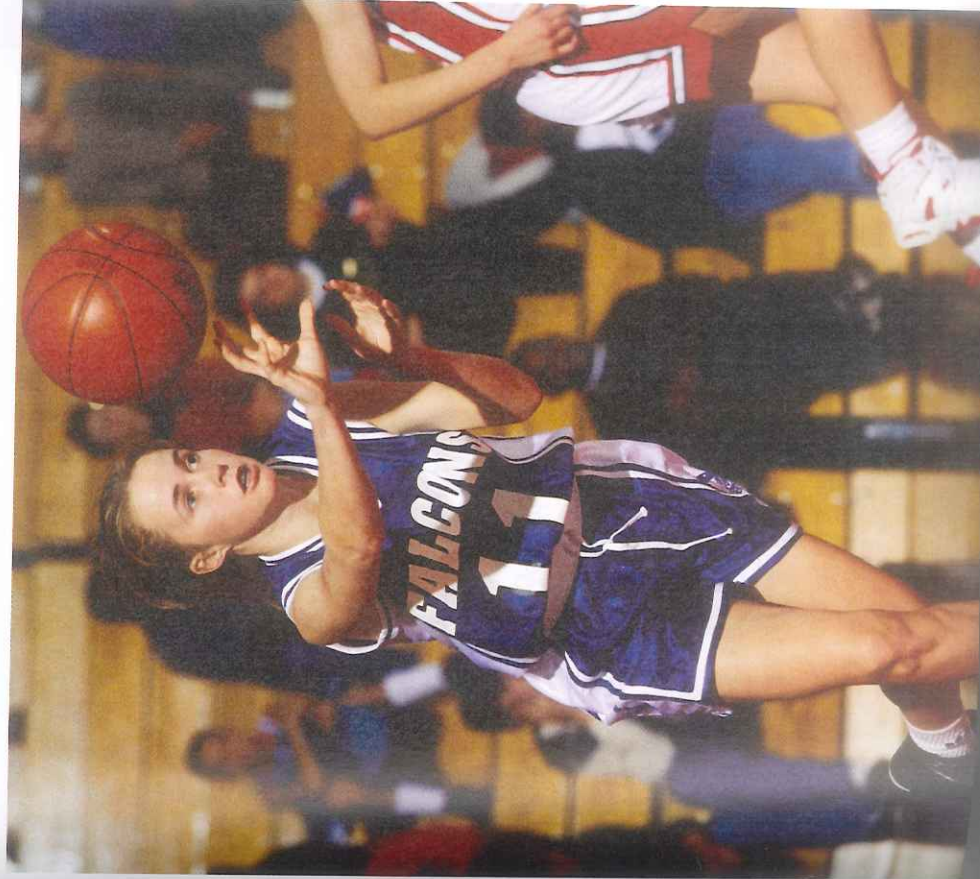
#### Reading Check

**Identify** How much physical activity is recommended for teens?

### Why Is Physical Activity Important?

Like a machine, your body is made up of many moving parts. Staying physically active helps keep those parts in good working order. Physical activity benefits each side of the health triangle:

- **Physical Health:** When you choose to make regular physical activity a part of your life, you have more energy to complete your daily activities. Physical activity helps your heart and lungs work more efficiently and strengthens your bones. It improves **coordination**, the smooth and effective working together of your muscles and bones. It also improves your **balance**, the feeling of stability and control over your body. Physical activity during the day helps you sleep better and more soundly at night. It also helps you maintain a healthy weight by burning **calories**. These are units of heat that measure the energy available in foods. Physical activity helps “use up” calories that could lead to unwanted extra pounds. **Figure 9.1** on the next page shows the calories burned doing various activities for one hour.
- **Mental/Emotional Health:** Physically active people are better able to handle the stress and challenges of everyday life. They also tend to have higher self-esteem. Being physically active will help you think more clearly and concentrate better in school.



Some forms of physical activity are done in a group. **What are some social benefits of these kinds of activities? How do they benefit your health triangle?**



### Media Watch

#### Fitness in a Bottle

Have you seen TV or magazine ads that promise to make you physically fit without any effort on your part? The ad may claim that the product will magically tone muscles or take off pounds. If these products sound too good to be true, they probably are. The best way to achieve fitness is to engage in physical activity.

**Find an ad for a health product that claims to easily improve physical health. Does the ad seem believable? Where can you find more information on the product?**

FIGURE 9.1

## CALORIES BURNED IN ONE HOUR FOR VARIOUS PHYSICAL ACTIVITIES

Activities that burn the most calories are shown in green. Those that burn the least amount are shown in red. **How does burning calories affect your physical health?**

ACTIVITY	If You Weigh 130 Lbs	If You Weigh 155 Lbs
Backpacking	413	493
Basketball (game)	472	563
Basketball (shooting baskets)	266	317
Bicycling (average effort)	472	563
Bowling	177	211
Canoeing (moderate effort)	413	493
Dancing (general)	266	317
Football, touch	472	563
Frisbee playing (general)	177	211
Frisbee playing (ultimate)	207	246
Golf (general)	236	281
Horseback riding (general)	236	281
House cleaning (general)	207	246
Mowing lawn	325	387
Stair climbing	472	563
Swimming (general)	590	704
Water volleyball	177	211
Weight lifting (moderate)	177	211

- Social Health:** Whether you are on a team or working out with a partner, physical activity can benefit your social health. Physical activity can help you meet new people with similar interests but from different backgrounds. It also improves your ability to work with others as a team, and also demonstrates your willingness to join others of diverse culture, ethnicity, and gender.

### Physical Activity and Fitness

Physical activity is also a key to **physical fitness**, the ability to handle the physical demands of everyday life without becoming overly tired. People who are physically fit have enough energy to do the

# Health Skills Activity

## Practicing Healthful Behaviors

### Activity + Eating + Sleeping = Good Physical Health

In a way, physical health can be viewed as a health triangle within a health triangle. The three sides to physical health—physical activity, good eating habits, and adequate rest—are interrelated. Teens who are active during the day tend to get more restful sleep during the night. When you eat the right foods, you give your body the fuel it needs for physical activity. Taking care of your physical health can help you maintain a healthy weight and lower your risk of developing serious health problems.

### On Your Own

Describe your own physical health triangle. If the sides are not balanced, identify which areas need work. Tell what habits you can adopt that will improve your overall physical health. Develop a plan to practice these habits regularly.

things they want to do. They also have a reserve of energy for times when their bodies need it.

People who are physically fit tend to live longer and healthier lives. Later in this chapter, you will learn how to set fitness goals that will help you improve your fitness level.

## The Importance of Exercise

Look again at Figure 9.1. Several of the activities shown, including weight lifting and stair climbing, are exercises. **Exercise** is *planned physical activity done regularly to build or maintain one's fitness*. Exercise is an important ingredient in an overall fitness plan. The reason is simple: while every physical activity works various muscles, exercise targets specific muscles.

Exercises fall into two basic categories—**aerobic** and **anaerobic**—though many exercises have elements of both. Each of these categories serves an important role in physical fitness. **Aerobic exercise** is *rhythmic, nonstop, moderate to vigorous activity that requires large amounts of oxygen*. Aerobic exercise works a very important muscle in your body—your heart. It also benefits the lungs. Stair climbing, swimming, running, biking, and many forms of dancing are examples of aerobic exercise.

▶ Swimming can be a leisure activity, a sport, or an exercise. **Which kind of exercise is swimming?**



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**Anaerobic exercise** is intense physical activity that requires little oxygen but uses short bursts of energy. Lifting weights, gymnastics, and football are examples of anaerobic exercises. In the next lesson you will learn more about the benefits of aerobic and anaerobic exercise.

**Reading Check** What is exercise?

**Define** What is exercise?

## Lesson 1 Review

### After You Read

Review this lesson for new terms, major headings, and Reading Checks.

### What I Learned

- Vocabulary** What is *physical activity*?
- Explain** What are the physical, mental/emotional, and social health benefits of being physically active?
- Identify** What are the two types of exercise? Describe each of them.

### Thinking Critically

- What is the relationship between physical activity, nutrition, sleep, and weight management?

- Analyze** Alex would like to become more physically active but only if he can avoid exercising. What advice would you give Alex?

### Applying Health Skills

- Advocacy** Develop a poster campaign that emphasizes the importance of physical activity. Include ideas for different types of physical activity that would appeal to teens. Get permission to post these in school hallways.