

Warm Up

1. Describe what a “healthy weight” means.

2. *How would someone obtain and maintain a healthy weight?*



Essential Standard

- 6.NPA.3 – Apply lifelong nutrition and health--- related fitness concepts to enhance quality of life.

Clarifying Standards

- 6.NPA.3.1 – Explain the relationships between food consumption, physical activity, and healthy weight management.
- 6.NPA.3.2 Implement a personal wellness plan in nutrition and fitness to enhance the quality of life.

Statement of Objectives:

- *By the end of today's lesson, you should be able to demonstrate how to balance calorie intake with caloric expenditure to maintain, gain or reduce weight. You will be able to develop a plan to balance calories consumed with level of activity in order to set both short-term and long-term goals for weight management and improved quality of life.*

Ways to Reach (and Maintain!) a Healthy Weight



Diets aren't the way to go when it comes to losing weight. That's because they create temporary eating patterns — and, therefore, temporary results. Most dieters gain back any lost weight when they go back to their old eating habits.



- Weight loss/maintaining weight is most likely to be successful when people change their habits, replacing old, unhealthy ones with new, healthy behaviors.



Game

- Fast Food City

MYTHBUSTERS: PHYSICAL ACTIVITY BENEFITS



Physical activity has to be strenuous to be effective.

- In fact, moderate activities such as brisk walking, dancing, or mowing the lawn improve health.



Exercising takes too much time.

- It only takes a few minutes a day to become more physically active. To condition your heart and lungs, regular exercise does not have to take more than about 30 to 60 minutes, three or four times a week. If you don't have 30 minutes in your schedule for an exercise break, try to find two 15-minute periods or even three 10-minute periods. Once you discover how much you enjoy these exercise breaks, you may want to make them a habit! Then physical activity becomes a natural part of your life.



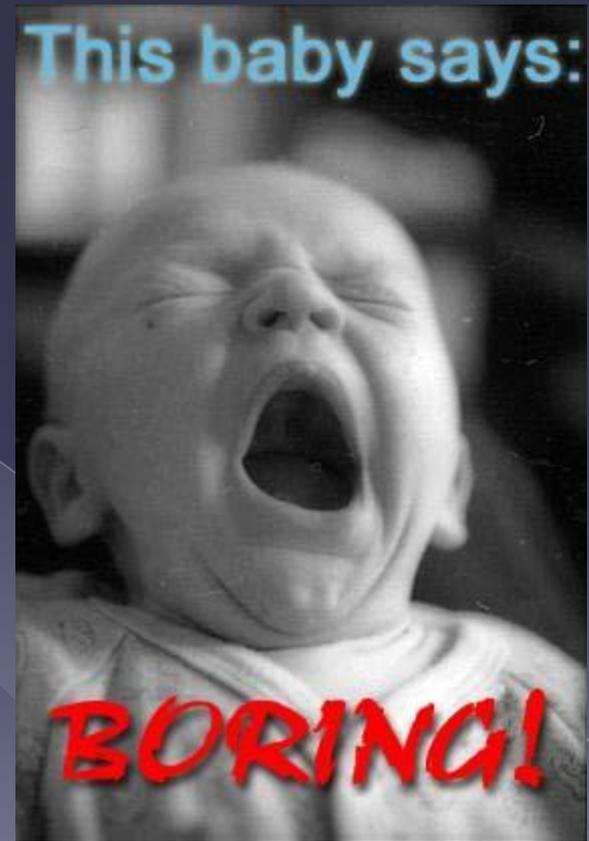
All exercises give you the same benefits.

- All physical activities can give enjoyment. Low-intensity activities - if performed daily - can have long-term health benefits and lower your risk of heart disease. Only regular, brisk and sustained exercises such as walking, jogging or swimming improve the efficiency of the heart and lungs and burn off substantial extra calories. Other activities may provide benefits such as increased flexibility or muscle strength, depending on the type of activity.



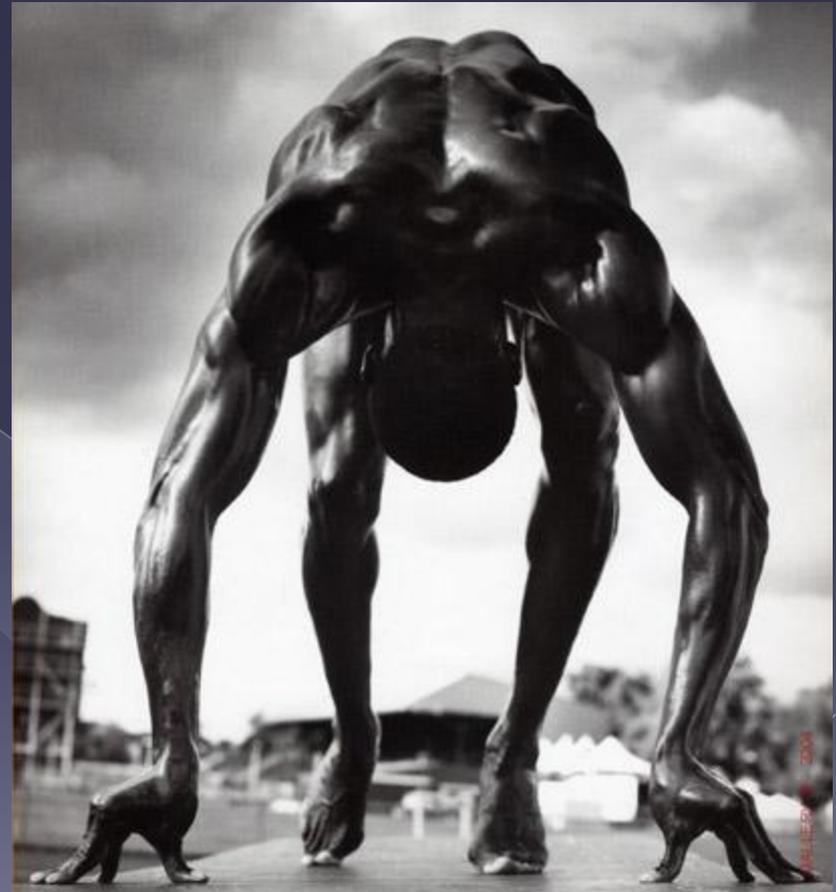
Physical activity is boring.

- Physical activity should be something you enjoy whether it is gardening, dancing, or walking on a treadmill. You'll be much more likely to stick with your chosen physical activity if it's fun. There are so many activities to choose from, you're bound to find something you like. Bring a magazine or music with you to make it more fun!



You have to be athletic to exercise.

- Most physical activities do not require any special athletic skills. In fact, many people who found school sports difficult have discovered that these other activities are easy to do and enjoy. A perfect example is walking - an activity that requires no special talent, athletic ability, or equipment.

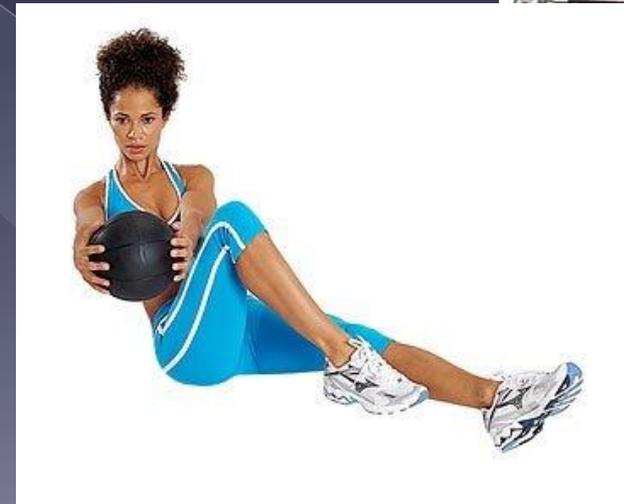


What do these 3 words have to do with health?

- Strength
- Endurance
- Flexibility

Strength

1. Strength refers to a muscle's ability to generate force against physical objects.
2. In the fitness world, this typically refers to how much weight you can lift for different strength training exercises.
3. The type of resistance can include dumbbells, barbells, resistance bands, machines, cables, medicine balls or your own body.
4. When lifting heavy weight, you increase strength, muscle size and connective tissues such as ligaments and tendons.



Endurance

1. Muscular endurance refers to the ability to make repeated contractions against a moderate load.
2. In the world of fitness, health and weight loss, this has to do with how long your muscles can last during higher rep strength exercises.
3. Keeping your reps between 12 to 16 (and lifting enough weight that you can ONLY complete the desired number of reps) allows you to focus on muscular endurance rather than strength and hypertrophy (gaining muscle mass).



Flexibility



1. A person's flexibility refers to the ability of your joints to move through a full range of motion.
2. Having flexibility in your muscles allows for more movement around the joints and that means:
 - a. Better posture
 - b. Less muscle tension and soreness
 - c. Reduced risk of injury
 - d. More relaxation for the mind and body



Photo 3.4 Active static stretching



Photo 3.5 Active static stretching



Photo 3.6 Passive static stretching

Activity

- Independently invent a sport or game.
 - > May create a sport/game that is like football or baseball, but it has to reflect their individuality in some way.
 - > Write a short paper (minimum of 4 paragraphs) on the rules, how to play and techniques of their sport.
 - Use diagrams as needed
 - > The sport has to improve one of the areas of fitness
 - Describe how their new sport will improve strength, endurance or flexibility. Include this in the paper above.

Triangle of Fitness

- In each area of Fitness
 - > Draw 5 pictures that you are good at in that area
 - > Draw 3 pictures that you need to work on in each area.

Flexibility

Have

Need to work on

Endurance

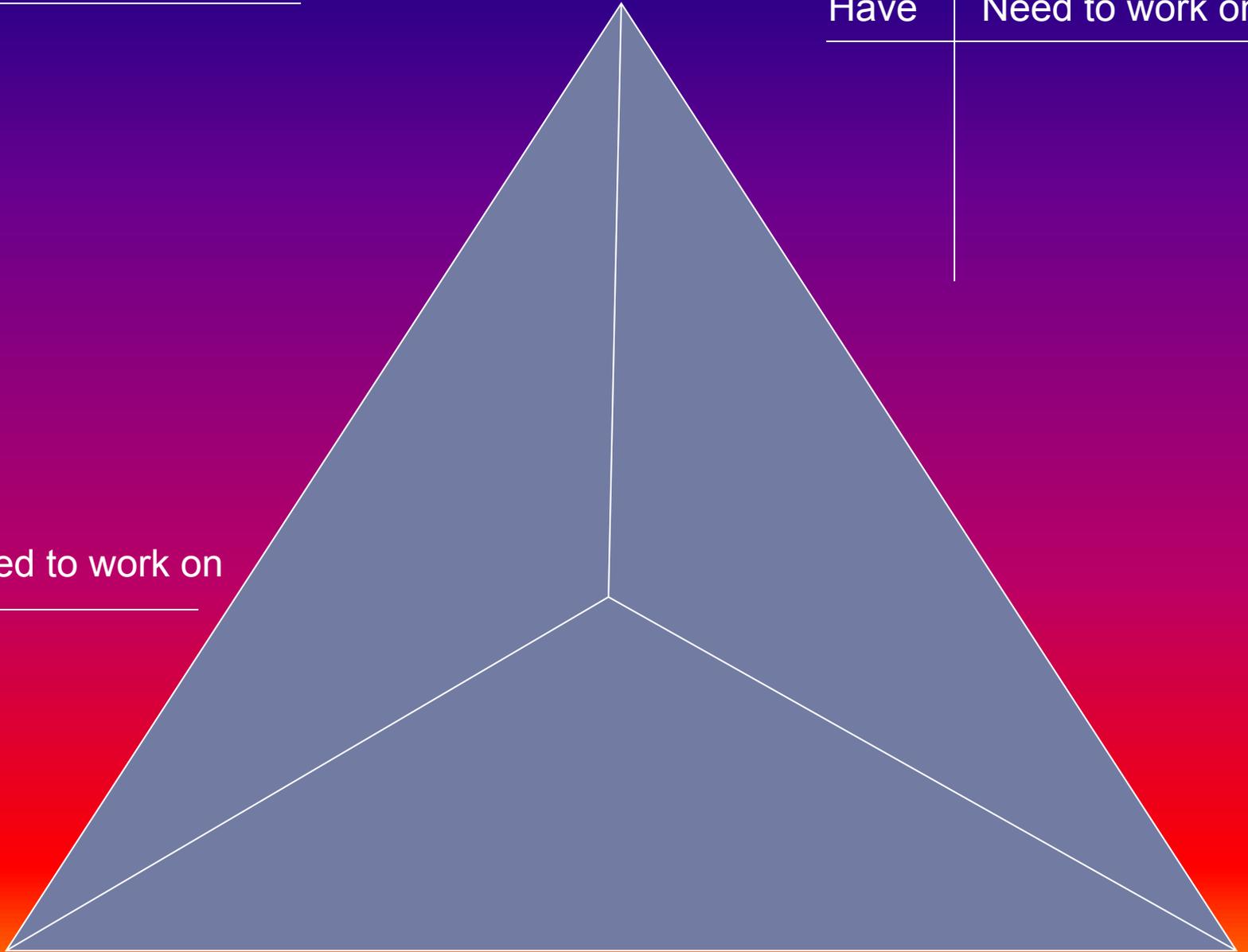
Have

Need to work on

Strength

Have

Need to work on



Closure:

- *You have effectively demonstrated how to balance calories consumed and calories expended to maintain a healthy weight. It is important to use this balance in your own food and exercise choices. From your work I can see you understand the relationship between diet and exercise and that you can effectively develop a plan to meet your nutrition and activity goals. Through maintenance of those goals you will ultimately improve the quality of your life and health.*