EXERCISE

VIDEO

- https://www.youtube.com/watch?v=DwZwe37Pb68

WHY???

BENEFITS TO EXERCISE

* Build muscle strength
* Reduce Stress
* Meet new people/socialize
* Improves health
* Reduce diseases/illnesses
* Improves flexibility
* Enjoyment/fun
* Lose/maintain weight
* Improve sport performance

WHY WEIGHT IS SUCH AN ISSUE TODAY?

* Technology
* Cars
* Jobs
* Fears
* Processed Food
* Fast Food
* Outlook on Exercise
* Busy Schedules
* Lazy????

3 PARTS OF A WORKOUT

- ✖ Warm-up – 5-10 minutes

Dynamic Stretches

   performed while moving

ACTIVITY – 30+ MINUTES

COOL DOWN

- 5-10 minutes

- **Static Stretches**

held in a position without
   movement

2 CATEGORIES

× *<u>Aerobic</u>*

continuous

constant oxygen

moderate intensity

long period of time

✖ _**Anaerobic**_

short spurts of activity
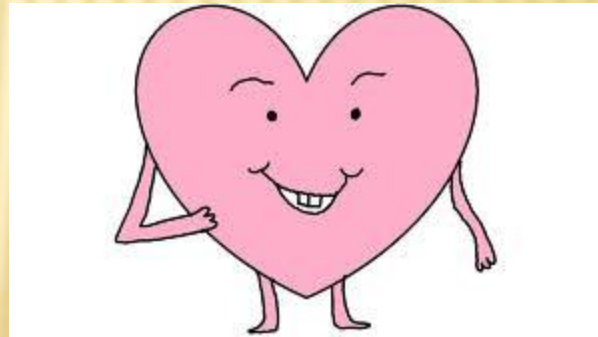
lack of oxygen

high intensity

ACTIVITY

- ✖ Fly Swatter Game

HEART RATES

- BPM – beats per minute

- Carotid Artery/Radial Artery

RESTING HEART RATE(RHR)

Taken while at rest

Fitness indicator

50's - Excellent

60's - Good

70's - Average

80's - Fair

90's - Poor

MAXIMUM HEART RATE(MHR)

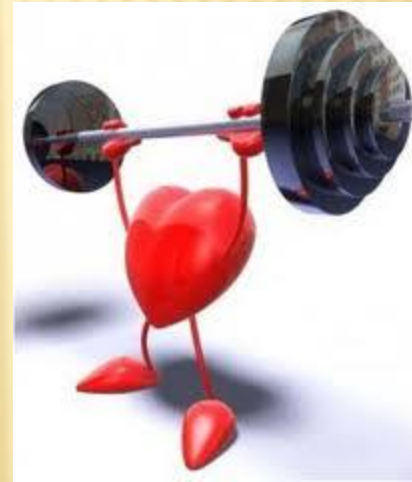Fastest heart should beat

Decreases as you age

220-age = MHR

TARGET HEART RATE(THR)

Zone to exercise in

High End – MHR x .8

Low End – MHR x .6

Stay in zone for a good workout

RECOVERY HEART RATE

heart rate slowing down after exercise

Fitness indicator

5 AREAS OF HEALTH

* Cardiovascular
* Flexibility
* Muscle strength
* Muscle endurance
* Body composition

6 SKILLS

* Agility
* Balance
* Coordination
* Reaction Time
* Power
* Speed

REFLECTION

- How are you going to use this information in your life? Will you be changing your physical activity habits in the future? Why or why not?