Exercise

WHAT IS EXERCISE?
HOW MUCH SHOULD YOU EXERCISE?
HOW CAN YOU STAY MOTIVATED?

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LIVEWORKSHEETS

Exercise

WHAT IS EXERCISE?

Exercise is any physical activity that is done for the purpose of fitness or health. Fitness experts divide exercise into two categories: aerobic activity and muscle strengthening. **Aerobic activity** or what is often called "cardio" gets you breathing harder and your heart beating faster. **Muscle strengthening** are activities that work major muscle groups of your body such as legs, back, chest, abdomen, shoulders, and arms. For good overall health, it is important to do both aerobic and muscle strengthening activities, each week.

There are many ways to exercise. Common or traditional types of exercise that most of us are familiar with are running, lifting weights, swimming, biking or aerobics. However, exercise doesn't have to be boring, and doesn't require expensive equipment or a gym membership. In fact, 80 percent of people that own gym memberships or exercise equipment don't use it. It is important to keep in mind that any activity that increases your heart rate and/or helps strengthen muscles can count as exercise if done for at least ten minutes. Thus, we can get exercise by doing many different activities that cost nothing or little. For instance, walking, hiking, martial arts, skateboarding, dancing, yoga, and even gardening can count as exercise.

Answer each question with a complete sentence on a separate piece of paper.

1. **What does exercise mean?**
2. **What two categories is exercise divided into?**
3. **What do aerobic activities do for you?**
4. **What do muscle strengthening activities do for you?**
5. **What are common types of exercise?**
6. **What does exercise NOT require?**
7. **What is needed for an activity to count as exercise?**

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HOW MUCH SHOULD YOU EXERCISE?
HOW CAN YOU STAY MOTIVATED?

How much should you exercise? Government guidelines recommend that the average healthy individual should exercise a minimum of 150 fifty minutes a week. You can exercise more than this amount but after about 300 minutes there is little increase the health benefits. For some, a 150 minutes may sound like a lot but it is not. It is only two and half hours. It is also recommend that you don't cram all of your exercise into one session. Instead, it is best to break your exercising time up into multiple sessions. Ideally, you should exercise at least three to five times a week. The good news is that you can exercise as little as 10 minutes at a time, as long as you maintain a moderate or high level of physical effort. For those that have busy lives, being able to exercise in short ten minute time frames can be convenient. It allows flexibility in their exercising schedule. A person can exercise several times throughout the day, even during a work break.

How can you stay motivated? There are many excuses that people make not to exercise. But, excuses don't lead to health benefits. When first starting off, exercising on a regular basis is not always easy; it does take a lot of effort and discipline. However, once you make it part of your lifestyle it will become easier and turn into a healthy habit. There are several strategies that can help you make exercising part of your lifestyle. Studies have shown that people are more likely to exercise regularly, when they create a schedule, set fitness goals, find activities they enjoy, and exercise with others.

Answer each question with a complete sentence on a separate piece of paper.

1. **What is the minimal amount of time a person should exercise each week?**
2. **How often should you exercise each week?**
3. **For any physical activity to count as exercise what needs to be done?**
4. **When will exercising regularly become easier for a person?**
5. **What are four strategies that can help make exercising regularly part of your lifestyle?**

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Assessment

WHAT IS EXERCISE?
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Name_____

Per._____ Date:_____

Select the best answer:

1.Which statement about exercise is NOT true?

a. Exercise is any physical activity that is done for the purpose of fitness or health.
b. Exercise doesn't need to be boring.
c. To exercise, you need a gym membership or expensive equipment.

2.Aerobic activities

a. are also called "cardio."
b. get you breathing harder.
c. get your heart beating faster.
d. All of the above.

3.People are more like to exercise regularly when they

a. create a schedule and set goals.
b. find activities they enjoy.
c. exercise with others.
d. All of the above.

4.Government guidelines recommend that the average healthy individual should exercise a minimum of

a. 100 minutes a week.
b. 150 minutes a month.
c. 150 fifty minutes a week.
d. 500 minutes a week.

5. In order for physical activity to count as exercise

a. you must work out for at least one hour.
b. it must be at moderate or high level of effort level for at least ten minutes.
c. It must be at a high level of effort the entire time.

True or False

6._____ Muscle strengthening are activities that work major muscle groups of your body.

7._____For good overall health, it is important to do both, aerobic and muscle strengthening activities, each week.

8._____ You should exercise at least 10 times a week.

9._____ Walking, hiking, martial arts, skateboarding, dancing, yoga and even gardening can count as exercise.

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Answer Key

Assessment **WHAT IS EXERCISE?** **HOW MUCH SHOULD YOU EXERCISE?** **HOW CAN YOU STAY MOTIVATE?**	1. C 2. D 3. D 4. C 5. B 6. True 7. True 8. False 9. True

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