

Keeping Fit and Active

Why Exercise?

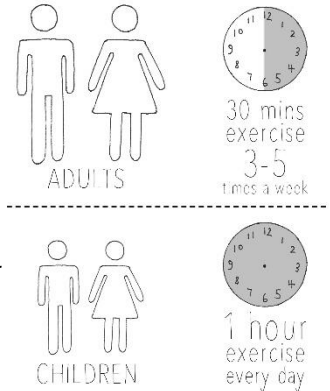
Humans have always exercised. In historical times, people would exercise by hunting, skinning animals, or by preparing for battles. Life was much harder then, and this meant our ancestors did much more exercise than we do now. They would build their own homes and find their own water. Even though we don't need to hunt and fight anymore, we do still need to exercise!



The Ancient Greeks knew how important exercise was and wrote books on it. They called it, 'Gymnastics' which means to exercise - naked! As exercise is important to staying fit and healthy we need to find a way to exercise in a modern world.

How Much Exercise?

Doctors say that to stay healthy adults should be exercising for thirty minutes, three to five times a week. This means that adults should play a sport, like football, or netball for half an hour, five times in one week. They recommend that children exercise for an hour everyday. Children should do one of these activities for an hour a day. So, did you do the right amount of exercise last week?!



Different Types of Exercise

There are different types of exercise that are all good for us. There is exercise that makes your heart beat faster, like running, cycling and tennis. There is also exercise that gives muscles extra strength, like lifting weights or doing sit ups. Then there are exercises that make your body more flexible, like aerobics and yoga. So when we are exercising five times a week, it is important to remember that all of these count as exercise too.

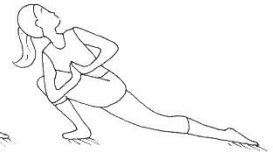
There are even more ways to keep active and fit doing day to day activities! Walking up the stairs instead of going on the escalator, or walking to the shops instead of driving are all little things that make people fitter and more healthy.



gets heart racing



strength

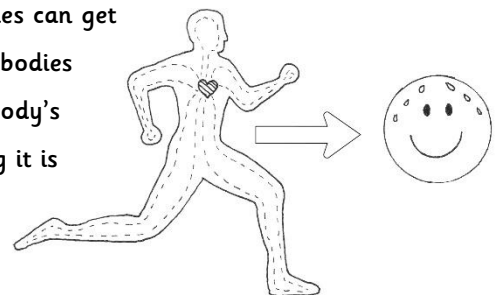


flexibility

Effects on the Body

Exercise makes the heart pump blood around the body faster. This delivers oxygen to our muscles, bones and organs more quickly – and keeps us healthy. Exercise can improve sleep, mood and skin. When we exercise our brain also creates chemicals that make us feel happy and relaxed. As a result of this exercise can help fight off diseases and also help to prevent illnesses such as Osteoporosis (having weak bones when you get older).

The body knows exactly what to do when we start exercising. So our muscles can get the oxygen they need to work faster, we breath more quickly. Because our bodies are working hard when exercising, they start producing sweat. This is the body's way of keeping itself cool. This means that after we have finished exercising it is very important that we drink enough water so that our body can recover.



Megan Dunsby

Keeping Fit and Active

1. How many times do we need to exercise a week to stay fit and healthy? (AF2)
2. Which of these doesn't count as exercise? (AF3)
 - a. swimming
 - b. tennis
 - c. walking
 - d. cooking
3. Why is it important to drink water after exercising? (AF2)
4. Write down how much exercise you did last week. Do you think it was enough? (AF3)
5. Other than exercise, can you think of one other way we can stay fit and healthy? (AF7)
6. Can you think of two adjectives to describe how you feel while exercising? (AF5)
7. How do you feel about exercising after reading this passage? Why? (AF3)
8. Why do you think the author has used subtitles in the text? (AF4)
9. Do you think this text is written to...? (AF6)
 - a. entertain
 - b. inform
 - c. advertise
10. Design an exercise schedule for someone for one week, making sure they get the correct amount of exercise. The first day is done for you. (AF2)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimming (30 mins.)						

Keeping Fit and Active

1. How many times do we need to exercise a week to stay fit and healthy? (AF2) **Between 3 and 5.**
2. Which of these doesn't count as exercise? (AF3)
 - a. swimming
 - b. tennis
 - c. walking
 - d. **cooking**
3. Why is it important to drink water after exercising? (AF2) **So that our body can recover after it has been sweating.**
4. Write down how much exercise you did last week. Do you think it was enough? (AF3) **Various answers if justified.**
5. Other than exercise, can you think of one other way we can stay fit and healthy? (AF7) **Various answers: eating fruit and veg or a well balanced diet etc.**
6. Can you think of one adjective to describe how you feel while exercising? (AF5) **Various answers: tired, healthy, focussed etc.**
7. How do you feel about exercising after reading this passage? Why? (AF3) **Various answers if justified.**
8. Why do you think the author has used subtitles in the text? (AF4) **To make it easier to find information.**
9. Do you think this text is written to...? (AF6)
 - a. entertain
 - b. **inform**
 - c. advertise
10. Design an exercise schedule for someone for one week, making sure they get the correct amount of exercise. The first day is done for you. **Various answers if there are 3-5 half hour sessions.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimming (30 mins.)						