

Keeping Fit and Active

Why Exercise?

Humans have always exercised. In ancient times people would exercise by hunting, skinning animals, or by preparing for battles. Life was much harder then, and this meant our ancestors had to do more exercise than we do today. 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 realised the importance of exercise and wrote books on the subject that they called, 'Gymnastics' which means to exercise - naked! Scientific studies have proven the benefits of exercise on the brain and the body. They have confirmed that exercise is very important to staying fit and healthy, so it is important that we find a way to exercise in the modern world even with busy lifestyles.

How Much Exercise?

The recommended daily amount of exercise for adults is thirty minutes of activity that raises the heart rate between three and five times a week. This means that adults should either play a sport, like football, or netball, or go running or to the gym for half an hour, five times in one week and children should do one of these activities for an hour a day. As people exercise more, they become fitter, and it takes more and more to raise their heart rate. However a raised heart beat should feel like you are out of breath, but still able to exercise.

Different Types of Exercise

Exercise that raises the heart rate is called cardio vascular exercise, however there are different types of exercise that are all just as good for the body. There are a lot of cardio vascular exercises, like running, cycling and tennis as well as exercises that give muscles extra strength. These are things like lifting weights, doing sit ups or strength training, like rowing. There are also exercises based on stretching that make your body more flexible, like aerobics and yoga. Whilst these are all beneficial, cardio vascular exercise is considered the most important.

Whilst lots of people choose to go to the gym there are plenty of ways to keep active and stay fit doing day to day activities! Walking up the stairs instead of going on the escalator for example, or walking to the shops instead of driving are both ways to keep fit and healthy. They are also a good way to start out exercising if you are not used to it. Other outdoor

activities such as gardening, doing a paper round, or walking a dog are other great ways to get active and stay fit.

Effects on the Body

The reason exercise is so beneficial for us is because it causes the heart to pump blood around the body more quickly. This means that oxygen in our blood gets delivered to our muscles, bones and organs much quicker than usual. Exercise also causes our lungs to work more quickly and means that the body actually grows new blood vessels to deliver the blood around the body more quickly. Regular exercise has so many health benefits that Doctors have said it is the wonder cure. It can improve sleep, mood, appetite and skin, as well as cut the chances of heart disease and cancer. When we exercise our brain also begins to actually grow new brain cells, and repair any that are damaged. It also releases hormones called serotonin and dopamine. These are chemicals that make us feel happy and relaxed. As a result of all of this increased blood flow, exercise can help fight off diseases and help to prevent illnesses such as Osteoporosis (having weak bones when you get older) and Alzheimer's (a disease that damages the brain).

Because our bodies begin working harder when we exercise, they start producing sweat. This sweat then evaporates, keeping our body cool. This is the body's way of making sure it never overheats. It also means that after we have finished exercising it is very important that we drink a lot of water so that our body can recover the water it has lost. It is also important to eat a well balanced diet so that you have enough energy for exercise. When we have finished exercising our heart rate comes down again, this time to lower than it was when we started- which means the body is more relaxed and calm.

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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. Match these words with their meaning. (AF2)

active lifestyle	exercise that raises the speed that heart pumps blood
Osteoporosis	a Greek word for exercising
evaporates	a disease that causes weak bones in older people
yoga	a suggestion that is believed to be good for you
gymnastics	a lifestyle where someone has to do lots of physical activity
cardio vascular exercise	an ancient exercise based on stretching and strengthening muscles
recommended	the act of liquid heating up and becoming a gas

11. 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. Ensure a variety of at least three different types of exercise. (AF2/AF7)

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

12. Can you think of any modern day words to do with exercise that might have also originated from the Greek word Gymnastics? (AF7)

13. Match these exercises with their types. (AF2)

running	flexibility
sit ups	strength
yoga	cardio vascular

Keeping Fit and Active

1. How many times do adults 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 the information easier to find.**
9. Do you think this text is written to...? (AF6)
 - a. entertain
 - b. **inform**
 - c. advertise

10. Match these words with their meaning. (AF2)

active lifestyle

Osteoporosis

evaporates

yoga

gymnastics

cardio vascular exercise

recommended

exercise that raises the speed that heart pumps blood

a Greek word for exercising

a disease that causes weak bones in older people

a suggestion that is believed to be good for you

a lifestyle where someone has to do lots of physical activity

an ancient exercise based on stretching and strengthening muscles

the act of liquid heating up and becoming a gas

11. 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 of various exercises.

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

12. Can you think of any modern day words to do with exercise that might have also originated from the Greek word Gymnastics? (AF7) **Gymnasium**

13. Match these exercises with their types. (AF2)

running

sit ups

yoga

flexibility

strength

cardio vascular