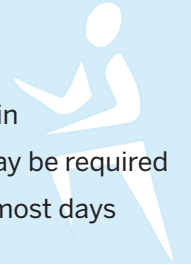


# Exercise

## Find your balance between food and physical activity

- ❑ Be sure to stay within your daily calorie needs
- ❑ Be physically active for at least 30 minutes most days of the week
- ❑ About 60 minutes a day of physical activity may be needed to prevent weight gain
- ❑ For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required
- ❑ Children and teenagers should be physically active for 60 minutes every day or most days



### Why is exercise important?

Exercise not only helps you improve how you look, exercise is needed for good health. Regular exercise keeps you healthy and fit. The amount of exercise affects your weight. It burns calories - the more exercise you get, the more calories you burn.

### What is aerobic exercise?

Vigorous exercise speeds up a person's metabolism. This controls the rate calories are burned. The word aerobic means "with oxygen." Exercises that make you breathe hard and use oxygen are aerobic, such as running, swimming laps, dancing, riding a bike, fast walking and jumping rope.

### How does aerobic exercise benefit us?

Aerobic exercise increases your heart rate and strengthens the heart muscle and lungs. Working the heart and lungs regularly will keep them in top condition. This will help prevent a heart attack or stroke. Another good side effect of aerobic exercise is an increase in metabolism. It also makes it easier to keep our average weight.

### How do other forms of exercise benefit us?

Anaerobic exercise means "without oxygen." It includes such things as weight lifting, or throwing shot-put. This type of exercise will help strengthen and increase muscle size. It also will strengthen joints. However, it will not increase your metabolism. It will not exercise your heart muscle. Anaerobic exercise does not burn a large amount of calories. It is important to use anaerobic exercise with aerobic exercise. This could be lifting weights and jogging.

### How should you begin and end each exercise session?

Before and after any exercise it is important to stretch, this will warm up your muscles. By doing this, you will keep from injuring your muscles. These injuries can be painful. They can even cause damage to your muscles, joints and tendons.

## Exercise Debate Guide

Name of Team: \_\_\_\_\_

Name of Captain: \_\_\_\_\_

Debate Topic: \_\_\_\_\_

**Ideas/Arguments in favor of your topic** (ten-minute preparation):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Directions and rules for the debate:**

1. One person speaks at a time
2. Each person has one minute to speak
3. Starting team presents idea or argument defending their topic
4. Opposing team gives a rebuttal for the idea of the starting team
5. Starting team may respond to the rebuttal
6. Score keeper (teacher) gives the starting team a score ranging between zero (not at all convincing) to five (very convincing)
7. Opposing team presents idea or argument
8. Starting team responds with a rebuttal
9. Opposing team responds to the rebuttal
10. Score is given to opposing team.

Be prepared to defend each of your ideas/arguments by anticipating the response of the other team.

