



# Health Virtual Learning

## Chapter 6.1 The Benefits of Improved Physical Fitness

# Truman High School

4/29/2020



Lesson: 4/29/2020

## Objective/Learning Target:

1. Summarize how physical activity can lower risks for diseases such as cancer.
2. Describe the benefits of physical activity related to bone and muscle strength.
3. Identify ways in which physical activity helps control weight and improve sleep.
4. Recognize how physical activity can improve academic performance.
5. Differentiate between exercise and physical activity.
6. Summarize strategies for improving your fitness.

# Physical Activity & Exercise

- Physical activity: structured exercise as well as other activities that use energy

- Examples: biking to school, dancing in your room, playing Frisbee

- Exercise: a type of physical activity that is planned, structured, and purposeful

- Examples: exercises done in PE class, running every day, training for a specific sport

# Health Benefits

- Lowered risk of disease
- Stronger bones and muscles
- Weight control
- Improved sleep
- Improved mental health
- Improved academic performance



# Improve your Physical Fitness

- Create a fitness program that matches up well with your daily life
  - Set S.M.A.R.T. goals
  - Choose activities that you enjoy
  - Exercise with a friend
  - Use available school and community programs
  - Do what works best for you



# Critical Thinking...

*What daily habits can you change to include more physical activity in your life?*

- Watch less TV
- Spend less time on the computer
- Join a team sport
- Jog with a friend each morning

