



Personal Fitness Virtual Learning

7/8 Active Lifestyle

May 18, 2020



7/8 Grade Personal Fitness & Wellness

Lesson: [May 18, 2020]

Learning Target:

Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for elimination those barriers (S3.M1.7)



Daily Essential Question/Objective: I can identify barriers related to being physically active and creating solutions for some of the barriers.

Warm up:

Quick Write: What are some reasons why people are not physically active?



Highlight why you find it hard to exercise.

Top 10 Excuses People Use to NOT Exercise (And How To Overcome Them).

- **Not Enough Time-** Jobs, school, family, cleaning, gardening, car repairs, appointments, social obligations, catching up on your favorite shows, etc.. The list goes on and on. In our fast-paced world is it any wonder that most people shove exercise to the very bottom of their list? Making time to workout without disrupting your life can seem like an impossible task at times.
- **No Access-** Ever feel like you have to go to a fancy gym, buy expensive equipment, or afford the best personal trainer to get a good workout? You're not alone. Feeling like you don't have access to these things is a major excuse for a lot of people.
- **No Motivation-** Even though people know that exercise is fundamentally good for health – many still struggle to care enough to follow-through. I mean, come on, you and I both know there are days when sitting on the couch after a long day of work sounds way more appealing than working out. Sometimes, the motivation just isn't there.



Highlight why you find it hard to exercise.

Top 10 Excuses People Use to NOT Exercise (And How To Overcome Them).

- **Not In Shape**- Sadly, a lot of people want to exercise more but feel that they are too out of shape to exercise. Ironic? Yes. A reality for a lot of people? You bet. Feelings of inadequacy, worries about being judged, or just fearing the unfamiliar keep a lot of people from even starting.
- **No Energy**- After a long day of work/school/kids/etc. all you want to do is relax and enjoy your evening. Maybe you already wake up at 6:00 in the morning and the thought of waking up any earlier is terrifying. Lots of people use the excuse of being too tired to add exercise to their day.
- **It's Boring**- Maybe you think exercise is just not your thing. If after a few minutes you are bored and ready to stop, you may assume that all exercise is the same. Life is too short for boring, right?
- **Family/Friends Get in the Way**- Instead of exercising you go do something with your family or friends or maybe they need help with something.

Highlight why you find it hard to exercise.

Top 10 Excuses People Use to NOT Exercise (And How To Overcome Them).

- **It hurts-** There are two different kinds of pain. Good kind and bad kind. If the good kind of pain keeps you from exercising, keep in mind that those pains are generally associated with your body getting stronger. A stronger, healthier body means less chronic pain and reducing your chance of more debilitating pain in the long run. If you're worried about bad pain while exercising then something needs to change. Maybe you have old injuries that flare up when you workout. Bad knees, bad back, etc.
- **Lack of Results-** If you just aren't seeing the results you want it can be hard to carry on. Whether you want to lose weight, improve your energy, or get stronger – it's hard when you feel stuck in a rut.
- **Too Overwhelming-** Start out small – even if it's just five minutes a day. Build up from there. Keep those short-term goals in your mind rather than thinking about those big, daunting, and overwhelming long-term goals. Give yourself permission to be imperfect. If you skip a day, it's okay. Remember movement is a gift.



Think of solution for each barrier/ reason why people do not exercise. You can use the link below, if you need help. Write it down one solution for each (10 total).

[Top 10 Excuses People Use to NOT Exercise \(And How To Overcome Them\).](#)

- Not Enough Time-
- No Access-
- No Motivation-
- Not In Shape-
- No Energy-
- It's Boring-
- Family/Friends Get in the Way-
- It hurts-
- Lack of Results-
- Too Overwhelming-

Watch this video.



- **Overcome your barrier/reason and workout to this video.**





Check-In with answering the following:

- What reason or reasons do you have for not exercising at home or during PE/Personal Fitness?
- How can you overcome the the reasons?
- How can you help others become more active?
- What benefits does being physically active have on your mentally, physically, or emotionally?

**All
Done!!!!**

