# Lesson 3: Get Your Move On

# Explain what you know about exercise.

# Opening Questions

Explain why you think exercise might be important.

# Learning Activity

Organize your physical activity cards based on similarities and differences between the activities.

Read the *Physical Activity Intensities* handout.

Organize the different activities based on low, moderate, and vigorous levels of physical activity.

# Class Discussion

Record on your handout how you currently feel while at rest.

Take your pulse on your wrist or jawline.

Count the number of pulses in 6 seconds.

Multiply by 10 to find your heart rate.

Record this on your handout.

Count the number of breaths (one inhale and one exhale equals one breath) in 6 seconds.

Multiply by 10 to find your resting breathing rate.

Record this on your handout.

Walk in place for 30 seconds.

Take your pulse on your wrist or jawline.

Count the number of pulses in 6 seconds.

Multiply by 10 to find your resting heart rate.

Count the number of breaths (one inhale and one exhale equals one breath) in 6 seconds.

Multiply by 10 to find your resting breathing rate.

Record this on your handout.

Record on your handout how you felt doing moderate exercise.

Do jumping jacks for 30 seconds.

Take your pulse on your wrist or jawline.

Count the number of pulses in 6 seconds.

Multiply by 10 to find your heart rate.

Record this on your handout.

Count the number of breaths (one inhale and one exhale equals one breath) in 6 seconds.

Multiply by 10 to find your breathing rate.

Record this on your handout.

Record on your handout how you felt doing vigorous exercise.

In your groups, compare how you felt when you were resting, walking in place, and doing jumping jacks.

# Activity Wrap-Up

# Expanding Knowledge

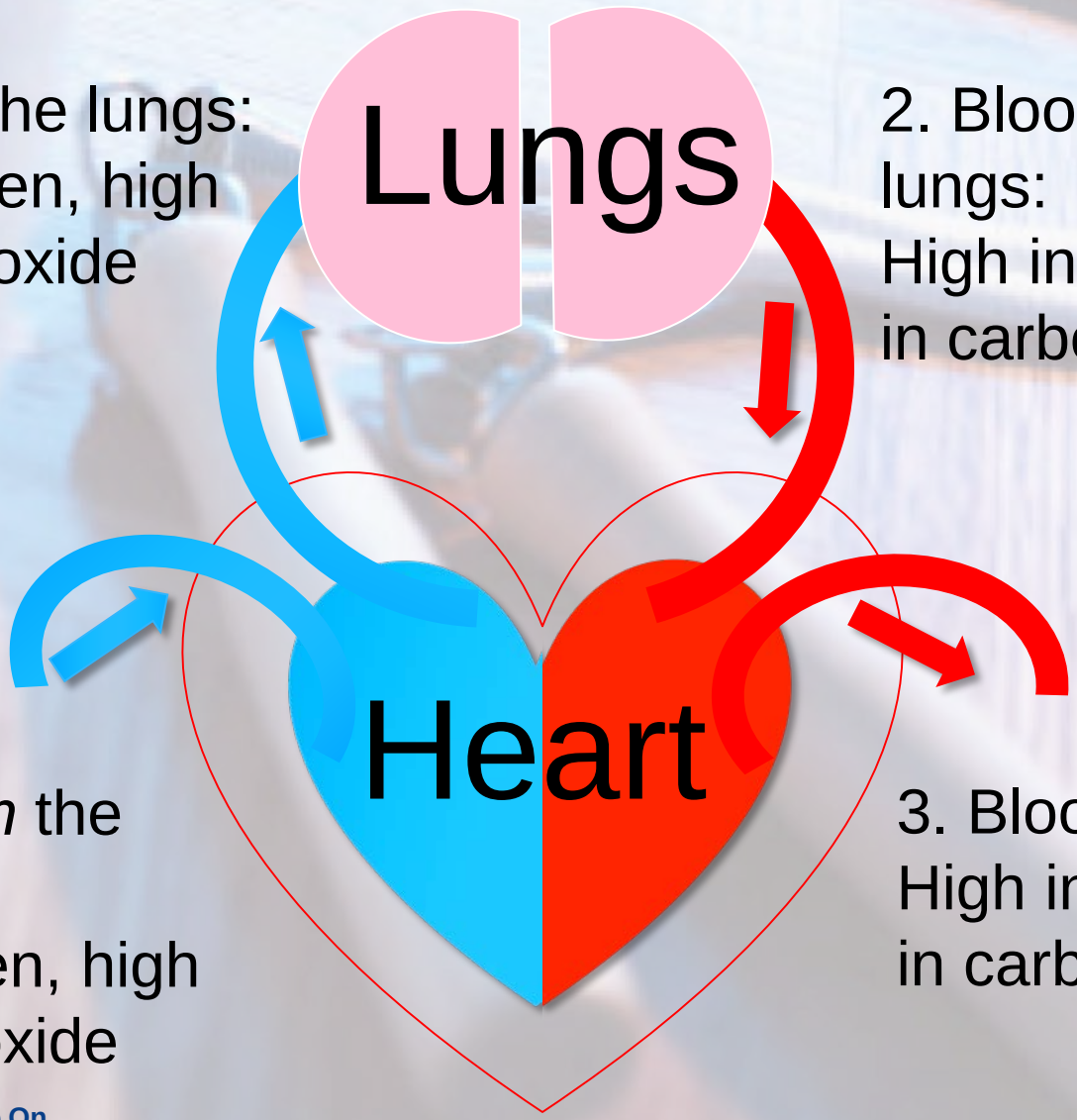
# What is physical activity?

- Anything that involves using energy to move the body.
- Sometimes its called exercise, sometimes its called “working out.”
- It doesn’t matter what you call it, as long as you’re moving.

# Heart Rate and Breathing Rate

- Heart rate and breathing rate increase when exercising.
- Muscles are working harder:
  - Need more oxygen.
  - Making more carbon dioxide.

1. Lungs *inhale* oxygen and *exhale* carbon dioxide




2. Blood *from* the lungs:
High in oxygen, low in carbon dioxide

3. Blood *to* the body:
High in oxygen, low in carbon dioxide

4. Blood *from* the body:
Low in oxygen, high in carbon dioxide

5. Blood *to* the lungs:
Low in oxygen, high in carbon dioxide

# Maximum Heart Rate

- Maximum heart rate:
  - Upper limit of what your heart can handle during physical activity.
- Easy way to calculate: subtract your age from 220.
- Example: a 50-year-old would have a maximum heart rate of 170 beats per minute.

# Target Heart Rate

- Target heart rate: heart is working harder, but not too hard.
- Target is 50 to 70% of maximum.
- Example: a 50-year-old would have a target heart rate of 85 to 119 beats per minute.

## Light or Low

Slow, almost resting

- Small ⇧ in breathing rate, heart rate.
- Not much sweat.
- Can talk and sing

## Moderate

Medium activity level, using more energy than light activity

- Greater ⇧ in breathing rate, heart rate.
- Increase in sweating.
- Can talk, but not sing.

## Vigorous

High activity level, using a lot of energy

- Heavy breathing, fast heart rate.
- Increase in sweating.
- Difficulty talking.

# Types of Physical Activity

## Weight-Bearing Physical Activity

- Physical activity that involves working against gravity to move a weight

## Non Weight-Bearing Physical Activity

- Physical activity that does not involve working against gravity to move a weight

# What does physical activity do for us?

- Increased muscle and bone strength
- Improved sleep
- Helps with weight maintenance
- Reduced risk of chronic diseases, such as heart disease or type 2 diabetes.

# Physical Activity Recommendations

## Adults

- 2 hours and 30 minutes of moderate physical activity

  or

- 1 hour and 15 minutes of vigorous activity each week.

# Physical Activity Recommendations

## Children

- 60 minutes each day
  - Vigorous activity at least three days per week.

# Goal Setting

1. Record three different activities you enjoy doing.
2. What is one new activity you would like to learn or try?
3. What are some steps you can take to meet the weekly physical activity recommendation?

# Thank you for participating in Lesson 3!

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