



I CAN...RECOGNIZE AND IDENTIFY THE BENEFITS OF EXERCISE



BENEFITS OF EXERCISE



- Prevent disease
- Strengthen bones
- Help maintain healthy weight- reduces disease risk!
- Improve coordination
- More restful sleep
- Increase school performance
- Reduce stress
- Increase Self-Esteem (how you feel about yourself)
- Help you to recognize and resolve conflict

ALSO.....

- ◉ Media + and - influences on people
- ◉ Active life style can have positive impacts on your life. Sedentary has negative.
- ◉ Eating habits can contribute to diabetes and heart disease
- ◉ Sports can help with conflict resolution
- ◉ Aerobic exercise help your cardiovascular system and decreases your resting heart rate
- ◉ There is NO ideal body TYPE.
- ◉ Always use a spotter in the weight room for safety. Remember it is not the amount of time you spend in the weight room, it is how hard you work.
- ◉ Physical fitness- your body's ability to function **efficiently** and **effectively**.
- ◉ **Health risk factor that we can control:**
 1. Being inactive, stress and tension, smoking.
- ◉ **Health risk factor that we CANNOT control:**
 1. Heredity, age.