

Activity 34

Exercise Habits

Directions: Read the following information about the benefits of exercise. Then use the questions on page 70 to interview three people of a variety of ages about their exercise habits. Record their answers in the space provided.

Exercise is any physical activity that helps control weight and gives you a healthy glow. Several examples of exercise include: walking, volleyball, baseball, jumping rope, skating, and yoga. You cannot be fit unless you exercise. *Fitness* is the ability to handle daily events in a healthy way. By exercising regularly you will enjoy all the benefits of fitness.

- You will have enough energy to do your schoolwork and chores, and have fun too. Day-to-day tasks will seem easy because you have energy.
- You can keep your weight at the right level for you.
- You will feel positively about yourself. Knowing you're taking care of your body is good for your self-esteem. You are confident about your abilities.
- You will look your best.
- You will be able to relax and sleep easily.
- You will be able to deal with stress and the ups and downs of life.
- You will have physical and mental stamina. *Stamina* is the ability to focus on a single activity for a long time. For example, you will be able to dance without getting very tired, and you can pay attention in class and learn easily.

There are plenty of enjoyable, inexpensive ways to exercise. What's important is that you make exercise a regular part of your life. A healthy, fit body means you take care of yourself.

Interview Questions

1. What types of exercise activities do you participate in weekly?

Interview One: _____

Interview Two: _____

Interview Three: _____

(Continued on next page)

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2. How often do you exercise? For how long?

Interview One: _____

Interview Two: _____

Interview Three: _____

3. Describe your physical health and energy level, along with your feelings about yourself, before you started your regular exercise program. How have these things changed since you started exercising regularly?

Interview One: _____

Interview Two: _____

Interview Three: _____

4. If you do not exercise, explain why you don't.

Interview One: _____

Interview Two: _____

Interview Three: _____

Activity 35

Heart-Healthy Recipes and Card Holder

One of the keys to a healthy heart is a diet that is low in saturated fats, *trans* fats, cholesterol, and sodium. Help family members keep their hearts healthy by collecting heart-healthy recipes, and keeping them in a handy holder so they are always easy to find.

Supplies

- recipe cards
- marking pen
- small, rectangular box suitable for holding recipe cards
- heart-shaped rubber stamp
- red paint
- paper plate
- paintbrush
- *optional*: organizer tabs

Directions for Recipes:

1. Use print or online sources, such as the American Heart Association's Web site, to locate heart-healthy recipes that you think your family would enjoy. You may want to find a selection of appetizers, entrées, side dishes, and desserts so you can cook an entire heart-healthy meal.
2. Write each recipe on a recipe card.
3. Organize the cards by category. If you wish, separate the categories with organizer tabs. Set the cards aside.

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Directions for Recipe Card Holder:

4. Pour a small amount of red paint on the paper plate.
5. Dip the heart stamp in the red paint. Use the paintbrush to remove excess paint from the stamp so that the paint does not drip. **See Fig. 35-1.**

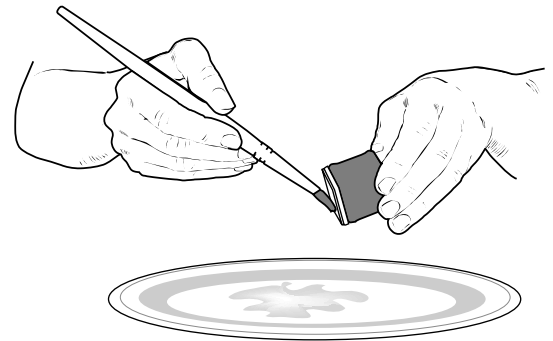


Fig. 35-1

6. Randomly stamp the outside of the recipe box, dipping the stamp in paint and brushing off the excess as needed. **See Fig. 35-2.**

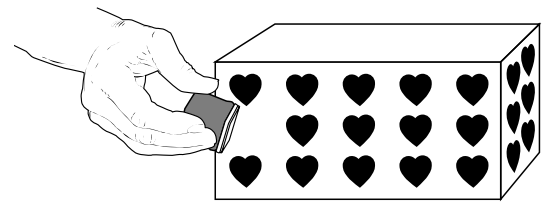


Fig. 35-2

7. Place a heart stamp in the corner of each of the recipe cards. Let the cards dry.
8. Place the recipe cards in the box. Encourage family members to use the recipes often, and add to them from time to time.