

## Chapter 12 Lesson 1: Benefits of Physical Activity

### Introduction:

Being physically active is probably the single most important choice you can make for your health. Yet despite its many benefits, many teens do not make physical fitness a priority in their lives. The Centers for Disease Control and Prevention (CDC) provides some startling statistics in its fact sheet on youth and physical fitness. Visit the Web site to learn about the numbers of American teens who do not get regular exercise and some of the ways to address this problem.

### Links to explore:

#### Physical Activity and Health: Adolescents and Young Adults

<http://www.cdc.gov/nccdphp/sgr/adoles.htm>

### Directions:

- Read the CDC Fact Sheet on Adolescent and Young Adult Physical Activity and Health.
  - Then answer the following questions:
1. Name three benefits of regular physical activity.
  2. How many of all American youths are not vigorously active on a regular basis?
  3. Statistically, does participation in physical activity increase or decrease as teens get older?
  4. On average, are boys or girls more physically active?
  5. Name a moderate physical activity that the CDC Fact Sheet suggests might be beneficial for teens.

### Answers:

1. Any three of the following:
  - Helps build and maintain healthy bones
  - Helps build and maintain muscles
  - Helps build and maintain joints
  - Helps control weight
  - Helps build lean muscle
  - Helps reduce fat
  - Prevents or delays the development of high blood pressure
  - Helps reduce blood pressure in some adolescents with hypertension
2. Nearly half
3. It decreases.
4. Boys
5. A brisk 30-minute walk

**Additional Links to Explore:**

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

**Physical Activity for Everyone**

<http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/young.htm>

**Physical Activity Facts**

[http://www.fitness.gov/resources\\_factsheet.htm](http://www.fitness.gov/resources_factsheet.htm)

**Tips for Being More Active**

<http://www.cdc.gov/nccdphp/dnpa/physical/life/tips.htm>