

Chapter 12 Lesson 3: Planning a Personal Activity Program

Introduction:

Would you describe yourself as physically fit? Do you take part in regular physical activity? In this lesson, you learned about how to develop a personal fitness plan, and ways to train effectively. The Web site for The President's Council on Physical Fitness and Sports has more tips and information on developing a regular fitness program.

Links to Explore:

Nolan Ryan Fitness Guide

<http://www.fitness.gov/nolanryan.htm>

Directions:

- Click on the link and read the Nolan Ryan Fitness Guide.
 - After you reading the booklet, answer the following questions:
1. What is the minimum exercise goal for all Americans?
 2. What are the two most important steps for avoiding pain and injury when exercising?
 3. What type of exercise does the booklet describe as “the cornerstone of any fitness program”?
 4. According to the booklet, how often should you work out, for how long, and at what intensity, in order to gain the greatest long-term benefits from aerobic activity?
 5. Name three benefits of weight training.
 6. How long is a good stretching routine?
 7. What does the booklet describe as the best sports drink?

Answers:

1. To accumulate 30 minutes of moderate-intensity physical activity over the course of the day, for most days of the week
2. Warm up first and cool down last.
3. Aerobic activity
4. Three to five times a week, 20 to 60 minutes per session, at 60 to 85 percent of your maximum heart rate
5. Three of the following:
 - Gives you the strength and endurance to perform daily tasks more efficiently and safely
 - Improves your body's muscle-to-fat ratio
 - Helps you burn calories more efficiently and lose weight
 - Helps prevent injuries, especially to the arms, legs, and back
 - Balances aerobic exercise
 - Promotes a smooth, toned appearance
6. Five to 10 minutes
7. Water

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.

Fitness Fundamentals: Guidelines for Personal Exercise Programs

<http://www.fitness.gov/fitness.htm>

Physical Activity and Health

<http://www.cdc.gov/nccdphp/sqr/contents.htm>

Avoiding the Muscle Hustle: Tips for Buying Exercise Equipment

<http://www.ftc.gov/bcp/online/pubs/alerts/muscleart.pdf>