

Get Off the Couch

Instructions: Track your daily physical activities. You don't have to do one activity for an hour straight, but your daily activities should add up to at least 60 minutes.

5-Day Program	60-minute daily exercise log (activity, length of time)
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

Quiz

- When you exercise, your body produces this chemical, which can make you feel happier and more peaceful:
 - relaxase
 - smilene
 - endorphins
- True or false: People who exercise burn more calories and look more toned than those who don't.
- How much exercise do experts recommend for teens?
 - 6 minutes each day
 - 6 minutes each hour
 - 60 minutes each week
 - 60 minutes each day
- Name one activity that can help keep you flexible: _____

- True or false: Exercising to maintain a healthy weight decreases a person's risk of developing type 2 diabetes and high blood pressure.
- Draw lines to match the type of exercise with an example:

Strength training	Yoga
Flexibility training	Swimming
Aerobic exercise	Pushups
- Underline the wrong answer.

Warming up before playing sports or being physically active:

 - increases your heart and respiratory rate
 - is a bad idea in hot weather
 - boosts the amount of nutrients and oxygen delivered to your muscles
 - prepares the body for a demanding workout
- True or false: You have to lift weights to build strong muscles.
- The three components to a well-balanced exercise routine are:
 - Running, swimming, jumping
 - Pushups, pull-ups, sit-ups
 - Aerobic exercise, strength training, flexibility training
 - Warming up, exercising, cooling down
- Underline the activities that count as exercise:

a. Playing soccer	e. Riding a bike	i. Chewing gum
b. Walking a dog	f. Playing video football	j. Gardening
c. Texting a friend	g. Raking leaves	k. Shooting hoops
d. Dancing	h. Yoga	l. Clicking a remote control

Quiz Answers

- When you exercise, your body produces this chemical, which can make you feel happier and more peaceful:
 - relaxase
 - smilene
 - endorphins
- True or false: People who exercise burn more calories and look more toned than those who don't.
- How much exercise do experts recommend for teens?
 - 6 minutes each day
 - 6 minutes each hour
 - 60 minutes each week
 - 60 minutes each day
- Name one activity that can help keep you flexible: Any one of the following: dance, martial arts, gymnastics, pilates, yoga, stretching.

- True or false: Exercising to maintain a healthy weight decreases a person's risk of developing type 2 diabetes and high blood pressure.
- Draw lines to match the type of exercise with an example:

Strength training	Yoga
Flexibility training	Swimming
Aerobic exercise	Pushups

Strength training — Pushups
Flexibility training — Yoga
Aerobic exercise — Swimming
- Underline the wrong answer.
Warming up before playing sports or being physically active:
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c. Texting a friend	<u>g. Raking leaves</u>	<u>k. Shooting hoops</u>
<u>d. Dancing</u>	<u>h. Yoga</u>	l. Clicking a remote control