

Staying Fit

Exercise and physical activity can help keep your body strong. There are different types of exercise that do different things for your body. **Muscle-building** exercises like pull-ups, push-ups and rope climbing help build muscle, which keeps you strong and lean. There are also exercises for **flexibility**. You can stay flexible by stretching. This helps your body twist and bend easily and without hurting yourself. Some good stretching exercises are toe touches and forward bends. There is also **endurance exercise**. When you build endurance, you have lots of energy and will not get tired easily. Endurance exercises cause your muscles to work hard for a long time. Running, riding a bicycle and swimming can all build endurance if you do them for at least twenty minutes at a time.

When you exercise hard enough to raise your heartbeat, you are doing **aerobic exercise**. Aerobic exercise is very good for your whole body. It helps your muscles get extra oxygen so they can continue to work for you. When you breathe harder from aerobic exercise, you take in more oxygen from the air. Your respiratory system moves the oxygen into your blood which carries it to your muscles. Aerobic exercise is also good for your heart. It keeps your heart muscle strong so it can continue to pump blood throughout your body. If you are doing aerobic exercise at the right pace, you will notice that your breathing is heavier and your heart beats faster, but you will still be able to talk to a friend. If you can't speak while you exercise, you are probably exercising too hard. Sports like tennis and soccer are excellent aerobic exercise if you keep moving. Endurance training is also good aerobic exercise.

Besides being good for you physically, exercise can also help you deal with stress. If you have strong emotions like anger or if you are very sluggish and bored, exercise can help relax you or give you more energy. When you exercise regularly, you also sleep better at night.

Sometimes it is hard to get motivated to exercise. It may be easier if you have a plan. Try writing down the exercises or sports you want to do each day. You might plan to play basketball on Monday, ride your bike on Wednesday and go for a jog on Friday. On the weekend, you may plan an activity like hiking or even helping out with chores. Anything that keeps you moving is exercise! Remember to stretch before you exercise so you don't hurt yourself. Also plan activities that help you build muscle strength.

Staying Fit Questions

1. Why is exercise important?

2. Name three types of exercise.

3. Aerobic exercise is the same as
 - a. strength training
 - b. endurance exercise
 - c. stretching
 - d. aerobic exercise

4. Push-ups and pull-ups are examples of
 - a. strength training
 - b. endurance exercise
 - c. stretching
 - d. aerobic exercise

5. Which type of exercise helps build muscle that keeps you strong and lean?
 - a. strength training
 - b. endurance exercise
 - c. stretching
 - d. aerobic exercise

6. Which type of exercise helps move oxygen into your body?
 - a. strength training
 - b. endurance exercise
 - c. stretching
 - d. aerobic exercise

Staying Fit Questions (Cont'd)

7. Which type of exercise is important so you can move without hurting yourself?
 - a. strength training
 - b. endurance exercise
 - c. stretching
 - d. aerobic exercise

8. Which of the following is not true of proper aerobic exercise?
 - a. You should do it for at least 20 minutes.
 - b. You should not be able to speak if you are exercising hard enough.
 - c. You should feel your heart beat faster.
 - d. You should breathe heavier than usual.

9. How can exercise help you deal with stress?
 - a. It can relax you.
 - b. It can give you energy.
 - c. Both of these
 - d. Neither of these

10. When you have trouble getting motivated to exercise, you should
 - a. not do it; it will only cause stress to force yourself.
 - b. wait until you feel like exercising and then do it.
 - c. try to come up with a plan for exercising.
 - d. read a book or do something for your brain.

Name _____

Date _____

Staying Fit Answers

1. It can help keep your body strong.
2. endurance, strength training, flexibility
3. b
4. a
5. a
6. d
7. c
8. b
9. c
10. c