

Warm up # 18

List 1 good listening and speaking skill

Physical Health



Fitness

Fitness is the ability of the body to function well when performing physical activity.



Physical activity: any kind of movement that causes your body to use energy.



There are **5 components of physical fitness** that deal with health-related fitness:



1. Heart and lung health: the ability of the heart, lungs, and blood vessels to provide enough oxygen for the body to exercise for an extended amount of time.





2. Body composition: the percentage of body fat in relation to the body's muscle mass and bone

15%

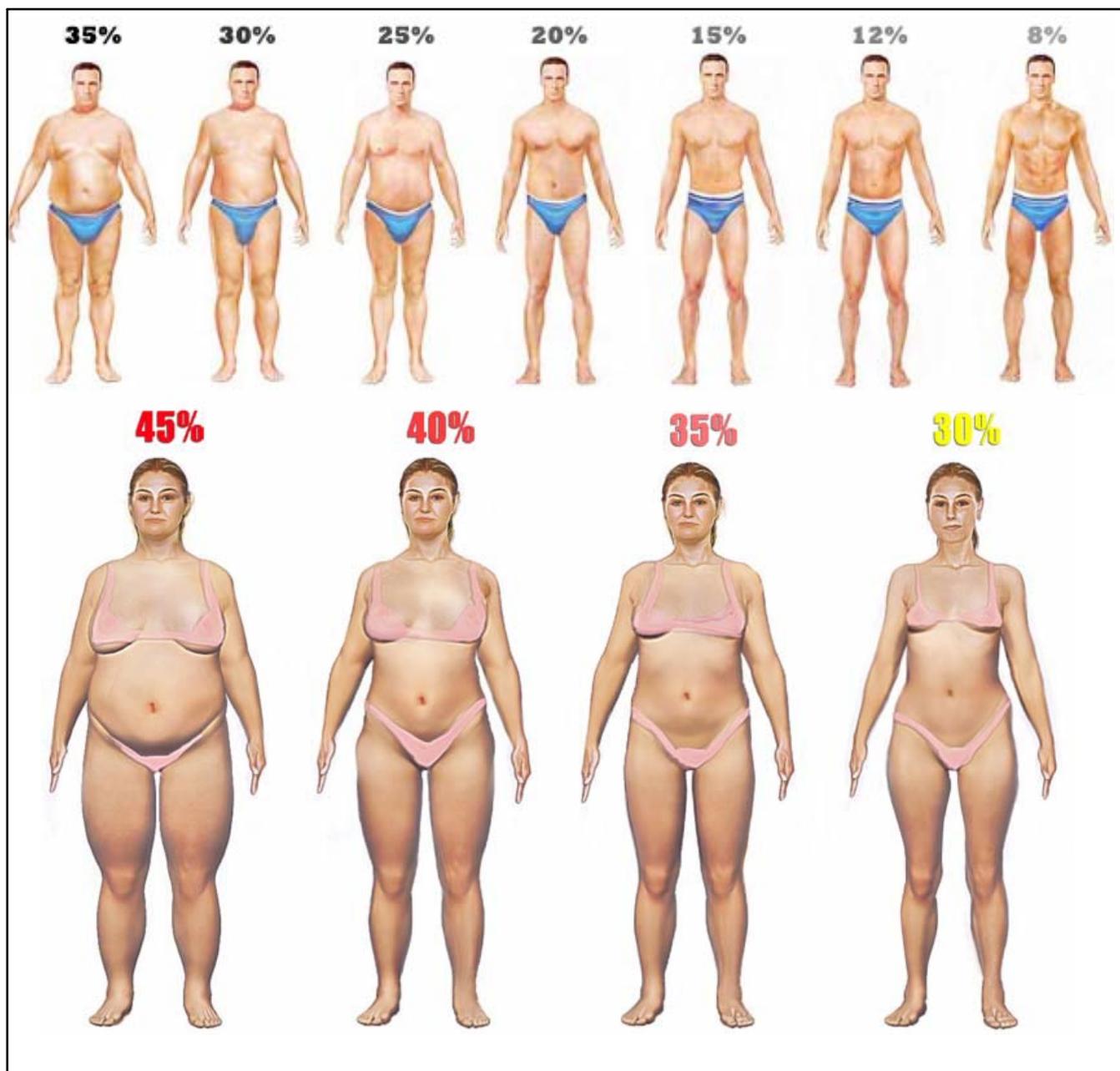


12%



8%





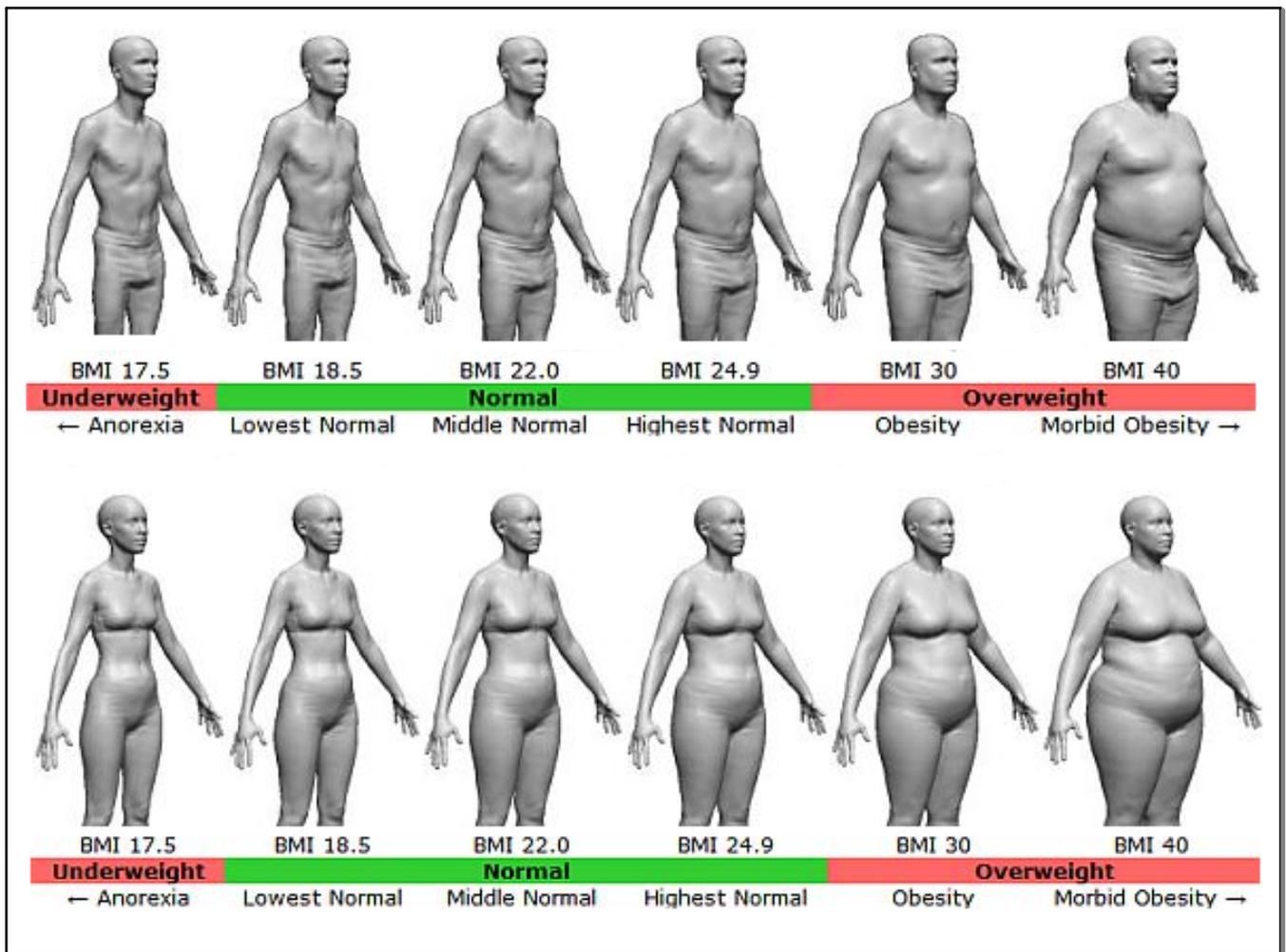


BODY FAT % MEASUREMENT CHART FOR MEN

AGE	18-20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
	21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
	26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
	31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27.0	27.5	28.0
	36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	26.5	27.4	28.1	28.6	29.0
	41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1
	46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2
	51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2
	56 & UP	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3
		LEAN			IDEAL				AVERAGE				ABOVE AVERAGE					

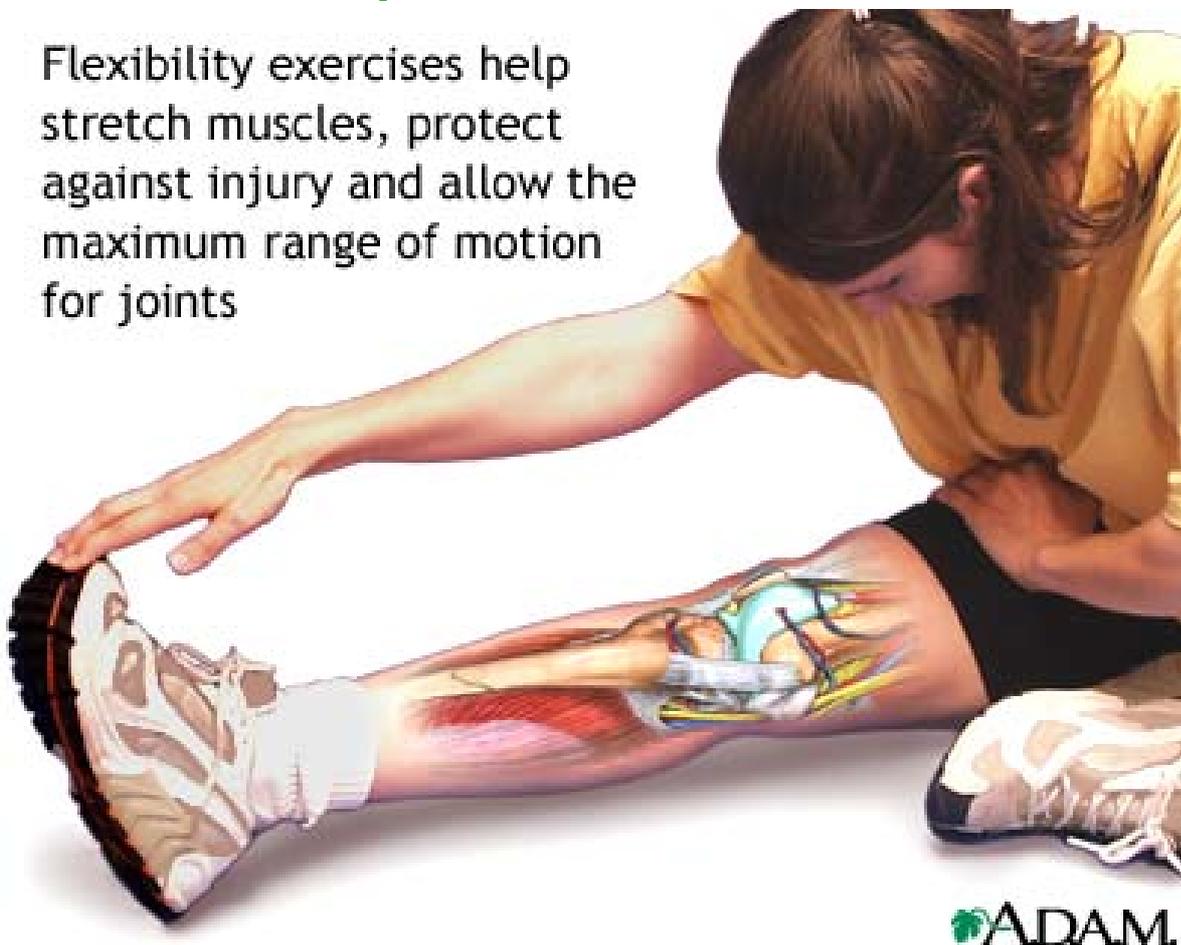
		Weight in Pounds													
		120	130	140	150	160	170	180	190	200	210	220	230	240	250
Height in Feet and Inches	4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
	4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
	4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
	5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
	5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
	5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
	5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
	5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
	6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
	6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
	6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
	6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
	6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Underweight
 Healthy Weight
 Overweight
 Obese



3. Flexibility: a measure of the range of motion of different joints in the body

Flexibility exercises help stretch muscles, protect against injury and allow the maximum range of motion for joints









4. Muscular strength: the ability of a muscle to exert a force

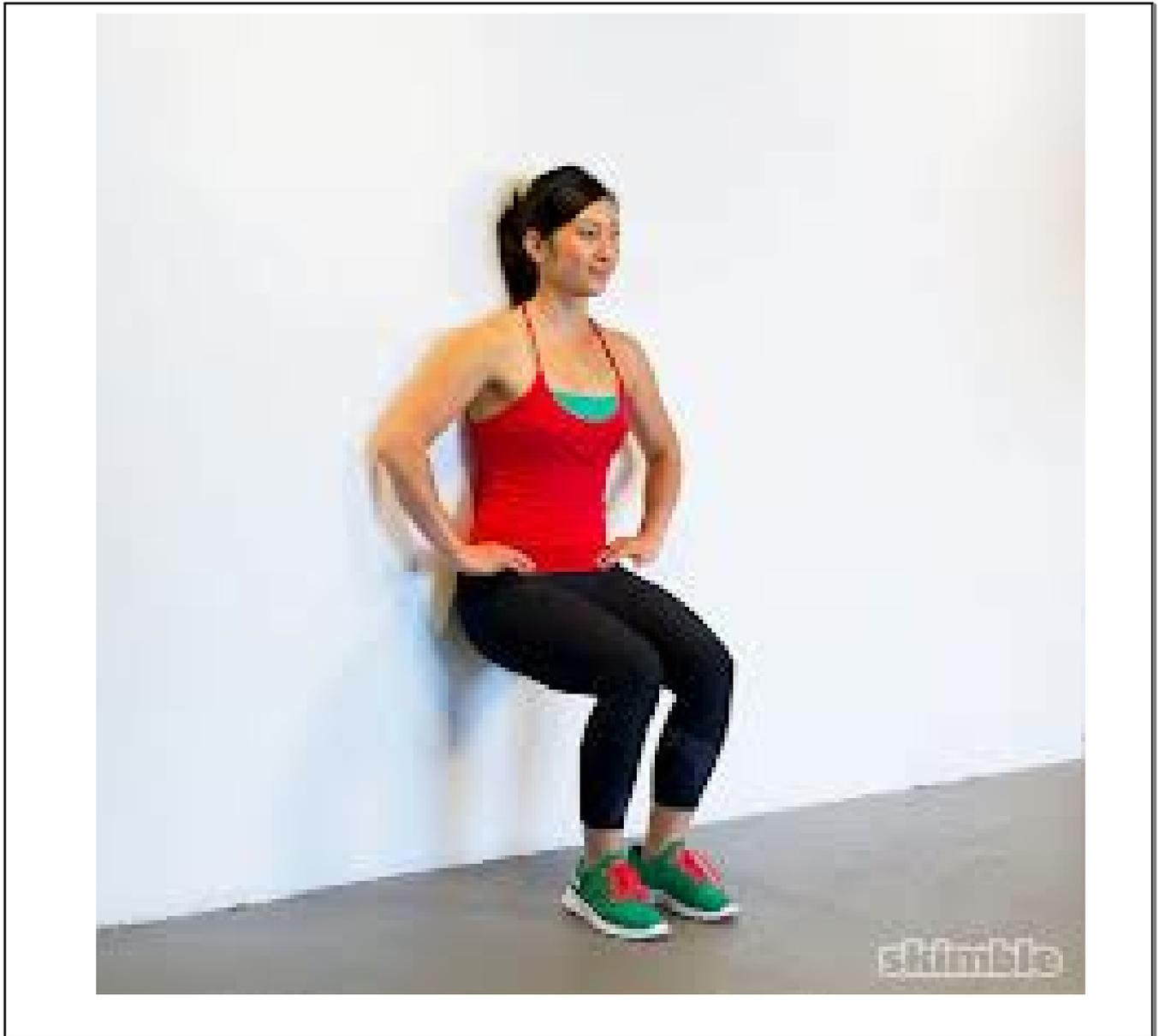




5. Muscular endurance:
the ability of a muscle to exert a force over a long period of time







What happens if you are not fit?

*choose 3 to write

- High blood pressure
- Constantly tired
- Premature aging
- Muscular weakness
- Poor flexibility
- Lower back pain
- Mental tension & headaches
- Obesity
- Heart disease

Exercise: physical activity that improves or maintains personal fitness.



Benefits of exercise for physical health

*choose 3 to write

- healthy weight
- improved strength & flexibility
- healthier heart and lungs
- higher energy level
- decreased risk of diseases
- stronger bones
- better coordination
- better sleep

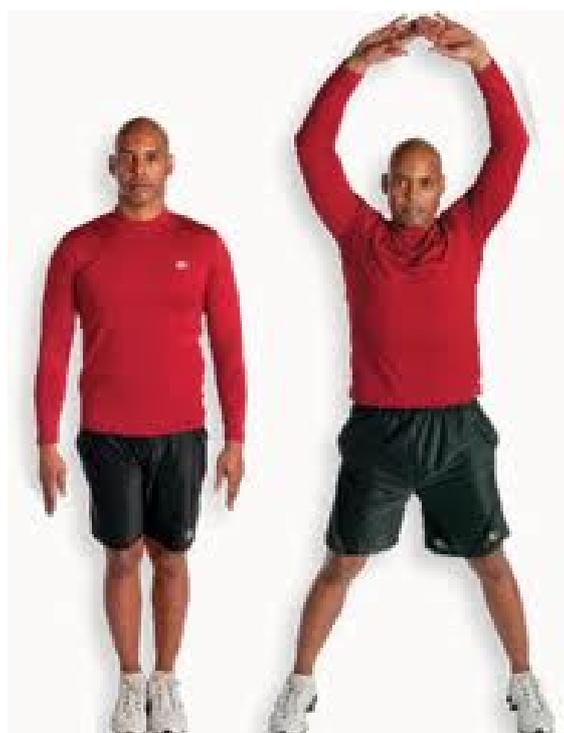
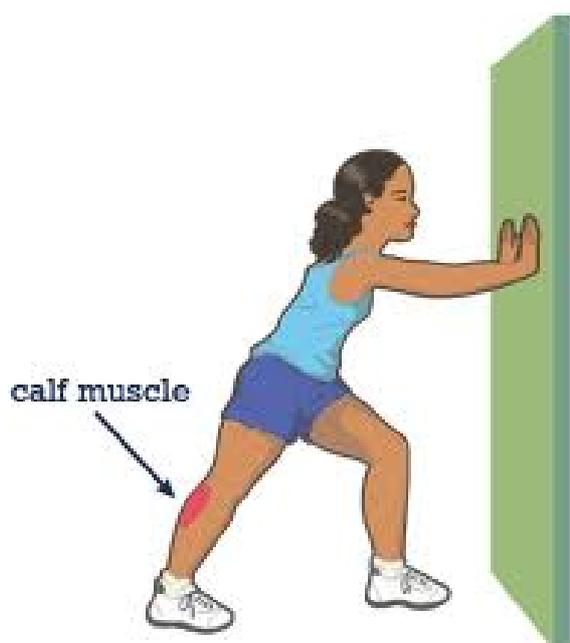
World's strongest man

 <http://youtu.be/u1MHQRGef5s>

 <http://youtu.be/ezarRcMKpVI>

Work out tips

1. Take 10 minutes to **warm up and cool down** before and after working out



2. Mix different kinds of activities,
don't just do one type of exercise all the
time.

Too much of one repetitive sport can
wear and tear parts of your body.

swimming - shoulders



jogging - knees, ankles, feet

tennis - elbows



3. *Get enough rest* after working out.



4. Stay hydrated!



5. Hold off on exercise when you're sick or tired. It is better to under-exercise than to over-exercise!



6. If you're lifting weights, be safe and have a friend to spot you. Also, make sure you have correct form to avoid injury.



7. Dress properly: loose shirts when hot, layers when cold, and correct shoes!







Common Injuries

- muscle pull and strain
- sprained ankle
- shoulder injury
- knee injuries
- shin splint
- tendinitis
- wrist sprain or dislocation



What happens if I get injured?

R: **rest** the injury (don't move it!)

I: **ice** the injury to reduce swelling

C: use a **compression** bandage to minimize swelling and blood loss

E: **elevate** the injury to reduce swelling



If you have broken a bone or are in extreme pain, you must go to the hospital!!



Heart rate - the number of times your heart beats in one minute.



Heart rate is an excellent way of measuring whether or not you have improved your fitness.



A lower heart rate implies more efficient heart function and better fitness.



Resting heart rates

Average adult: 50-100 beats per minute

Teen: 50-90 beats per minute

Michael Phelps and Lance Armstrong:
less than 30 beats per minute!!

Ms Kwon: 72 beats per minute



Let's measure our heart rates!



Brainpop:fitness

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to write their physical health notes.