

What Is Physical Activity?

Objectives

Participants will

- State the meaning of physical activity
- Discuss the benefits of physical activity
- Identify different types of physical activity

HANDOUTS

Participant Handout(s):

What Is Physical Activity

also on
CD-ROM

MATERIALS

Blackboard and chalk

Pens or pencils

Personal Notebooks for handouts and pictures

Suggested Activities

INSTRUCTOR ACTIVITY

INSTRUCTOR SCRIPT/DIRECTIONS

REVIEW

In our last class, we talked about what “being healthy” means to each of us. We also learned that being healthy means different things to different people.

INTRODUCE LESSON

Today, we will talk about what it means to be physically active. We will also learn the benefits of physical activity and chat about types of physical activity that we can do every day.

ASK

What is physical activity?

RECORD RESPONSES

List participants’ contributions on the board.

DISCUSS

Physical activity is body movement produced by your muscles.

ASK

Can someone show me some of the muscles that you may be using?

Participants may show their upper or lower body muscles.

ASK

What kinds of things can one do to use these muscles?

RECORD RESPONSES

- Walk—show leg muscles
- Climb stairs—show leg muscles
- Lift—show arm muscles
- Reach on your toes—show calf muscles
- Smile—show face muscles

INSTRUCTOR ACTIVITY

INSTRUCTOR SCRIPT/DIRECTIONS

ASK

What is good about physical activity?

RECORD RESPONSES

- Helps us stay healthy, keeps our heart strong, and keeps our blood pressure within normal range
- Can increase our muscle strength
- Reduces stress and depression, improves mood, and makes us feel good
- Increases our energy
- Makes you move better
- Improves posture
- Reduces aches and pains
- Maintain a healthy weight
- Improves immune system

ASK

What are some examples of physical activity?

RECORD RESPONSES

Common chores

- Washing the dishes
- Making the bed
- Cleaning one's room
- Shoveling snow
- Pushing a stroller
- Raking leaves
- Wheeling self in a wheelchair
- Dusting or vacuuming
- Washing and waxing a car
- Washing windows
- Washing floors
- Gardening
- Climbing stairs
- Walking
- Mowing the lawn

Sporting activities

- Volleyball
- Basketball
- Riding a bicycle
- Jumping rope
- Running
- Doing exercises while watching television (e.g., riding a stationary bike; doing arm, shoulder, or other exercises with weights)
- Dancing fast
- Water aerobics
- Swimming laps
- Golf (carrying clubs)
- Racket sports

DISTRIBUTE AND DISCUSS
PARTICIPANT HANDOUT:
What is Physical Activity?

Distribute the **What Is Physical Activity?** handout. Review the answers with participants:

- Walking
- Gardening
- Running
- Raking
- Weight lifting
- Mopping
- Bowling
- Dancing

INSTRUCTOR ACTIVITY**INSTRUCTOR SCRIPT****SUMMARIZE**

Physical activity is any type of exercise or movement. It can be something that you plan to do like walking, running, or playing any sport, such as bowling or basketball.

Physical activity may include activities, such as yard work or household chores.

Evaluation

- Did participants discuss the meaning of physical activity?
- Did participants identify the benefits of physical activity?
- Did participants identify different types of physical activity?

Helpful Hints

Adults should engage in **moderately intense physical activities** (e.g., walking briskly, mowing the lawn, dancing, swimming, bicycling on level terrain) **for at least 30 minutes at a time on 5 or more days of the week¹**.

¹Centers for Disease Control and Prevention (CDC). (2007). *Behavioral risk factor surveillance system survey questionnaire*. Atlanta: Author.

What Is Physical Activity?

What Is Physical Activity?

Circle pictures of physical activity.



Walking



Reading



Weight lifting



Gardening



Mopping



Having a picnic



Running



Sleeping



Bowling



Eating



Raking



Dancing