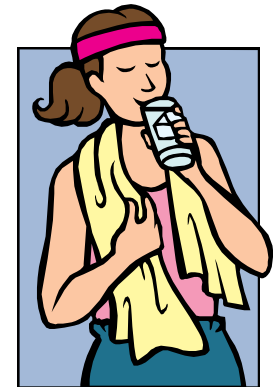


What are the benefits of exercise?

Chapter 3

Lesson 2

- Exercise helps strengthen all three sides of the triangle



Benefits to Physical Health

- Improves the physical part by building a strong body.
- Reduces chronic fatigue, stiffness, osteoporosis, and improves motor response
- Exercise strengthens the body's muscles and skeleton, and enhances the body's protection against disease by building up resistance through improving fitness

- **Exercise contributes:**
 - *Nervous System*- improves reaction time
 - *Circulatory System*- regular exercise strengthens heart – blood pumps more efficiently – more work can be done with less effort
 - *Respiratory System*- lung capacity increases (fewer but deeper breaths)

- **Exercise and Weight Control:**

- 1 in 3 adults and 1 in 5 teens are obese
- This can be traced to overeating and having a sedentary lifestyle.



■ *Metabolism:*

- The problem of overweight is related to two concepts:
 - Metabolism- the process by which your body gets energy from food.
 - Basal Metabolism- the minimum amount of energy required to maintain the life process in a body.
- You get energy from food
- Calories- energy value of food
- Your body needs a certain amount of calories a day.
- Calories that your body can not turn in to energy is stored as fat.

- *Weight:*
- If you take in fewer calories than you burn (use) - you lose weight
- If you take in more calories than you burn – you gain weight
- **A person must control calories to control weight!!!**
- <http://www.brainpop.com/>



Benefits to Mental and Emotional Health

- Exercise:
 - Reduces emotional stress
 - Helps relax tense muscles
 - Helps you sleep better
 - Is an outlet for tension, anger, or frustration
 - Helps a person have a positive self-esteem (look and feel better)



Benefits to Social Health

- Form relationships through activities
- Working out with friends makes it more enjoyable



Improving your Health-Related Fitness

- The more muscles and joints you work, the greater the total health gain.



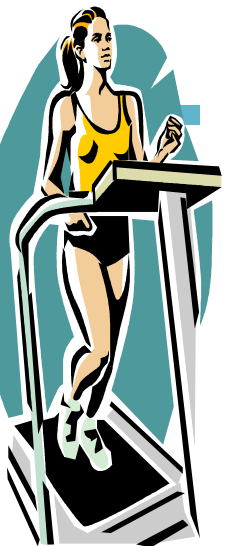
Improving Cardio Respiratory Endurance

- All exercises fall into two categories: (aerobic or anaerobic)

- Aerobic- vigorous activity in which oxygen is continuously taken in for a period of at least 20 minutes

Ex: jogging, swimming, dancing, cycling, and brisk walking

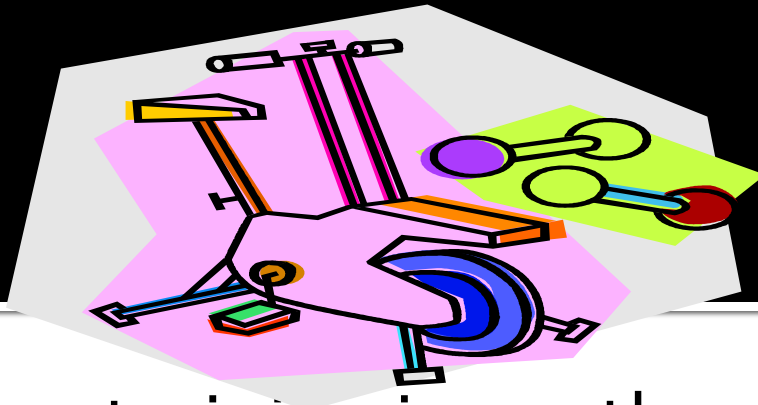
These types of exercises increases your cardio respiratory endurance and strengthens your heart



Improving Muscular Strength, Endurance, and Flexibility

- Anaerobic- intense burst of activity in which the muscles work so hard that they produce energy without using oxygen
- Ex: running 100 meter dash, calisthenics, and weight training





- Resistance training is another type of anaerobic exercise.
- Using weights or machines is resistance training
 - 3 types of resistance training exercises:
 - Isometric exercise- activity that uses muscle tension to improve muscle strength with little or no movement
 - Ex: muscle pushing against muscle



- Isotonic exercise- activity that combines muscle contraction with repeated movement
 - Ex: Push-ups, pull-ups, lifting weights
- Isokinetic exercise- activity that involves resistance through an entire range of motion
 - Ex: pushing or pulling against a hydraulic lever of certain exercise equipment