



Keeping Fit and Active

Directions

- Use the terms in the Word Bank to complete each Summary.
- Read the section directions to complete each Lesson Details.

Word Bank

aerobic exercise

flexibility

muscular endurance

anaerobic exercise

food

muscular strength

cardiovascular fitness

sleep

physical activity

every day

Lesson 1 pp. 112-116

Summary A healthful lifestyle includes three major components. These components are resting and getting a proper amount of _____, getting plenty of _____ that is fun, and eating regularly and making good _____ choices. These things should be done _____.

Lesson Details Use pages 112-116 to complete the chart.

List the benefits of a healthful lifestyle in the correct column or columns. Some benefits can appear in more than one category.

Benefits of a Healthful Lifestyle

Sleep	Physical Activity	Food Choice
Helps you concentrate	Improves self-esteem	Provides energy

Lesson 2 pp. 118-123

Summary One way to build a healthy cardiovascular system is to do vigorous _____ . Some exercises do not build cardiovascular fitness. An exercise of this type is called _____ . A strong, healthy heart is an indication that you have reached _____ .

Lesson Details Look at page 122. Explain why the bottom of the Activity Pyramid includes ways you can be active each day.

Lesson 3 pp. 126-132

Summary Many types of exercises build muscle fitness. Different types of exercises increase the three types of muscle fitness, which are _____ , _____ , and _____ .

Lesson Details Use the types of fitness tests on page 130 to complete the table.

Type of Fitness Test	Area of Fitness Measured
abdominal crunches	
jogging one mile	
sitting and reaching	

Using the list of exercises on page 132, complete this graphic organizer to show exercises that can be done at various times of the year.

Summer	Fall	Winter	Spring



Identify Main Idea and Details

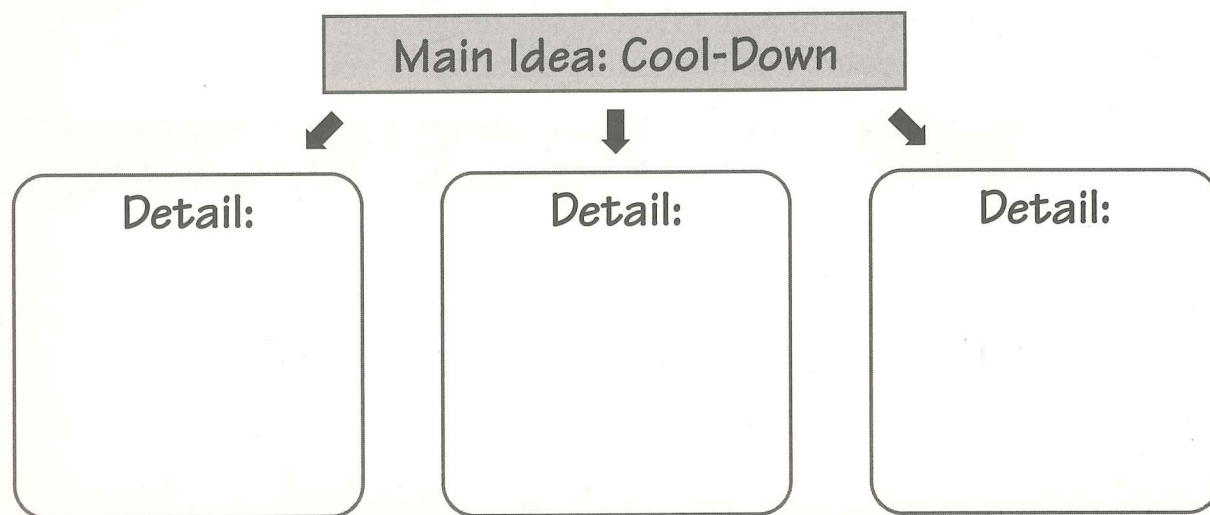
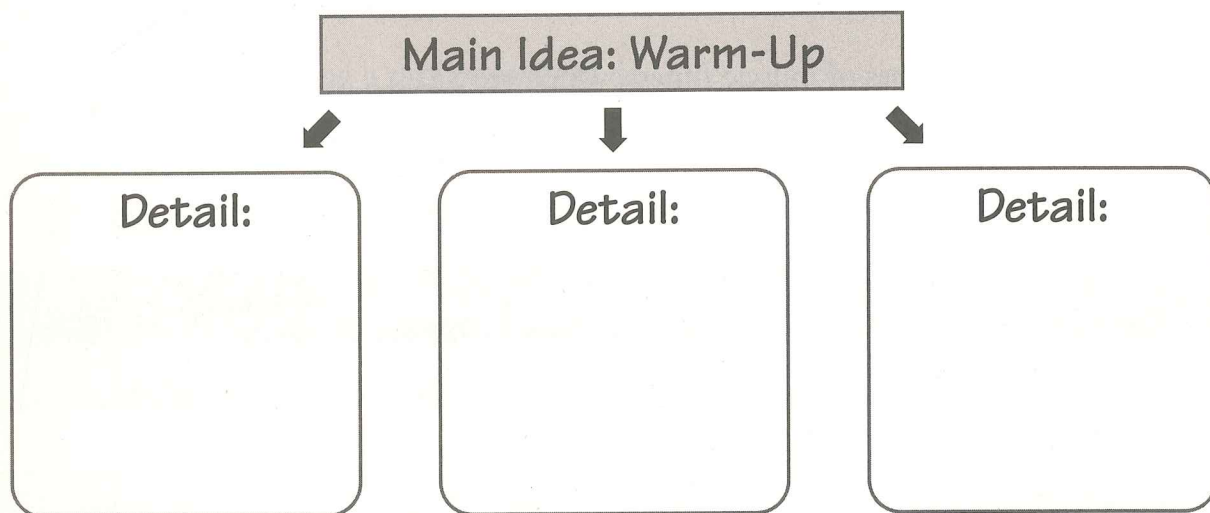
Safety First

It is important to avoid injuring yourself when you are exercising. Two ways to prevent injuries are to warm up before beginning to exercise and to cool down afterward.

Warming up prepares your heart and other muscles to do hard work. One type of warm-up involves doing a slower version of the activity. Athletes often do stretching exercises before competitions. The warm-up should take at least five minutes.

After the activity ends, a slower version is done to cool down, meaning to bring the heartbeat rate back to normal. Stretching is also done as part of the cool-down. A cool-down should last between five and ten minutes.

Using the graphic organizer, fill in three details about warm-ups and cool-downs.





Life Skill Set Goals

Steps Used in Setting Goals

1. Choose a goal.
2. Plan steps to meet the goal, and determine whether you need help.
3. Check your progress as you work toward the goal.
4. Reflect on and evaluate your progress toward the goal.

Use the steps to help these students set and reach a goal.

A. Suzanne's friend Lily wants to run in the big five-kilometer (5K) race on July 4. She talks Suzanne into training with her so they can run the event together.

- What should Suzanne and Lily do, starting eight weeks before the run, to reach their goal?

B. Tom received in-line skates for his birthday, and he wants to learn how to use them before summer vacation starts in two months. The local fitness center offers lessons. To be allowed to participate, every student must have the proper safety equipment. Tom buys the safety equipment and signs up for the lessons.

- Can Tom reach his goal safely? Why or why not?

Use Word Meanings

A. For each of the following sentences, circle the letter of the correct answer.

1. Sammy's mother runs four miles a day. She can use her muscles for long periods of time, which means that she has _____.

- | | |
|-----------------------------|-----------------------------|
| A aerobic exercise | C flexibility |
| B muscular endurance | D anaerobic exercise |

2. Amanda likes _____ that increases her heart rate over a long period of time, like biking, swimming, and jogging.

- | | |
|-----------------------------|-----------------------------|
| F aerobic exercise | H flexibility |
| G muscular endurance | J anaerobic exercise |

3. Loren set a record for the sit-and-reach. She has great _____, or the ability to bend her body easily.

- | | |
|-----------------------------|-----------------------------|
| A aerobic exercise | C flexibility |
| B muscular endurance | D anaerobic exercise |

4. Sprinters do _____, which works muscles hard for a short time.

- | | |
|-----------------------------|-----------------------------|
| F aerobic exercise | H flexibility |
| G muscular endurance | J anaerobic exercise |

5. Robert wants to build his _____. He works out every day to try to build a strong, healthy heart.

- | | |
|----------------------------|---------------------------------|
| A physical activity | C cardiovascular fitness |
| B flexibility | D anaerobic exercise |

6. Michael enjoys weight lifting, which helps him build his _____.

- | | |
|----------------------------|---------------------------------|
| F flexibility | H cardiovascular fitness |
| G muscular strength | J aerobic activity |

B. Choose two of the following vocabulary terms: *physical activity, muscular endurance, muscular strength, flexibility, cardiovascular fitness, aerobic exercise, anaerobic exercise.* Write a correct sentence using each term.
