

Becoming Physically Fit

BIG IDEA Being physically active benefits your total health in a variety of ways.

Before You Read

QUICK WRITE Write a short paragraph about the kinds of physical activity you do in a typical day.

Video

As You Read

FOLDABLES Study Organizer

Make the Foldable® found in the FL pages in the back of the book to record the information presented in Lesson 1 about becoming physically fit.

Vocabulary

- › physical activity
- › physical fitness
- › exercise
- › strength
- › endurance
- › flexibility
- › body composition
- › heart and lung endurance
- › muscle endurance
- › muscle strength
- › joints

Audio

Bilingual Glossary

CHOOSING AN ACTIVE LIFESTYLE

MAIN IDEA An active lifestyle will help to keep you healthy throughout your lifetime.

Anna and Sonja are identical twins. Although they look alike, their habits are different. Anna often plays basketball with her friends. Sonja prefers to stay inside and play video games. Anna would rather take the stairs than wait for the elevator. Can you guess which choice Sonja makes?

Teens need at least **60 minutes of physical activity every day.**

If you are like Anna, you are getting plenty of physical activity in your daily life. **Physical activity** is *any form of bodily movement that uses up energy*. That should come as great news, because physical activity has many benefits for your health. Being active helps you build strong bones and muscles. It also helps you manage your weight. Regular physical activity keeps your blood pressure at a healthy level and strengthens your heart and lungs.

When you are active, you have more energy. You are also in less danger of developing certain diseases, both now and later in life.

Physical activity is good for your mental and emotional health, too. It helps you sleep better and concentrate better in school. It can also improve your self-confidence and relieve stress. This can help you get along better with others, which improves your social health. In addition, many physical activities, such as team sports, can be a great way to make friends.

Teens need at least 60 minutes of physical activity every day, according to guidelines released by the CDC. However, this doesn't have to mean an hour of activity all at once. For instance, suppose you walk to school several days a week. If it takes half an hour each way, your walking time will add up to 60 minutes. Experts also say teens should get some vigorous activity at least three days a week. Examples include jumping rope, swimming, or playing soccer.