

Getting Enough Exercise

Explain that physical exercise gives us much more than strong muscles. It also helps keep our bones, the heart and the lungs in good shape. Many people find they sleep better after exercising and that their eating habits improve. All this contributes to a positive self-image, that is, good self-esteem. Have the group read the article **Getting Enough Exercise**, then add their own ideas of how we can slip a bit more exercise into our daily lives.

Heart Rates

Your heart rate depends on your level of physical activity. It is slowest when you're asleep and fastest when you are in the middle of a vigorous work-out. Part of the benefit of exercise is an increase in heart rate because this keeps the heart and lungs fit. However, you have to be careful not to let your heart rate go too high. The handout **Heart Rates** shows what is considered safe for different age groups. Go through the information with the group, making sure they understand the concepts of normal range (maximum and minimum). Also, some participants may be unfamiliar with reading line graphs. Point out that the line graph and the table are two ways of presenting the same information. Show how to use the x-axis to read up and the y-axis to read across.

Taking Your Pulse

The information in the handout **Taking Your Pulse** can also be found at <http://uppextras.blogspot.com>. If you would like to give more practice in using the Internet, direct participants to this site instead of giving them the paper copy. It will also make it easier for them to get to the three other sites listed on the bottom of the page. Give enough time for them to browse these interactive sites, which contain animations and simulations.

<p>Time Marches On</p>	<p>Give this information orally: Regular physical activity is important for the healthy development of infants, toddlers and pre-schoolers. Infants should be given the freedom to move their bodies and should not be strapped in car seats or strollers for long periods of time. Exercise has much the same benefits for them as it does for adults.</p> <ul style="list-style-type: none"> ● It helps the body grow strong. ● It helps children sleep better. ● It perks up the appetite. ● It increases concentration, memory and creativity. ● It gets rid of a lot of pent-up energy that causes frustration and tantrums. ● It increases self-esteem. <p>As the child develops, his gross motor skills (using the large muscles of his limbs) and his fine motor skills (using the small muscles of his hands) allow him to do more and more complex activities. In the worksheet Time Marches On, participants are asked to rank activities in order of difficulty. Answers may vary, but this doesn't matter. The purpose is to get them thinking about what is required of the body in each activity.</p>
<p>How Many is That?</p>	<p>According to the Public Health Agency of Canada, more than 50% (half, or one in two) Canadian children are not active enough to grow and develop to their highest potential. About 25% (one quarter, or one in four) of them are overweight. If participants don't have a good grasp of percent, show the diagrams on the worksheet How Many is That? and explain how to go from one in four to ___ in 100, etc. Ask the group if anyone can say how many hours of TV their child watches each day. The average child watches 26 hours of TV each week. Health professionals say this is too much and it is one of the things that contribute to overweight, inactive children. Parents should try to set limits on the time their children spend watching TV. When they <u>are</u> watching, they could be encouraged to get up during the commercials and do something active, like jogging on the spot or hopping around the room. If their children develop the habit of being physically active when they're young, they will be more likely to remain active throughout their entire lives.</p>

Active Bodies, Active Minds	On the handout Active Bodies, Active Minds there are 15 active games. Assign one or two to each participant and ask them to write instructions on how to play. They may already know how, but if not, they could do some library or Internet research. Show them how to add search words such as 'game' and 'children' to narrow their search. Afterwards, compile all the games and make copies for everyone.
Physical Activity Guides	Go to the following web site and look at the Physical Activity Guides for various age groups. http://www.phac-aspc.gc.ca/pau-uap/fitness/guides.html . Print the ones that would be relevant to your participants and give them as take-home reading. At the next class, ask people to exchange guides so that everyone gets to read an adult guide.