English Lesson Plan 2
Spring Forward

Quick summary: Students will research the importance of living a healthy lifestyle throughout their lifetime. Students will write a letter to themselves on how they will live a healthy lifestyle in the future.

How long will it take: 45 minutes

What do I need: Computer with internet access and student worksheet (Page 7 in Worksheet Booklet in zip file)

How does it work:

The teacher will have a brief class discussion on the importance of living an active and healthy lifestyle throughout their lifetime.

Information can be found on the American Heart Association website regarding the benefits of physical activity [heart.org/PAQualityofLife](http://heart.org/PAQualityofLife) and regarding nutrition [heart.org/nutrition](http://heart.org/nutrition).

Encourage students to reflect on how they will live a healthy lifestyle after they graduate from middle school and high school. Students will also predict what their life will look like in 20 years if they live a healthy lifestyle and what it will be like if they do not live a healthy lifestyle.

Students can incorporate research and information to support their thoughts. Letters can be shared in small groups or with the class.

Recommend to students to keep their letter and read upon graduating from high school to see how closely they have followed their own advice and serve as a reminder to live a healthy lifestyle as an adult.
A list of topics for students to reflect upon when writing their letter regarding living a healthy lifestyle in the future:

1. Why is it important to be active for 60 minutes a day?
2. Write about an activity you love to participate in now and why.
3. What are some physical activities or sports that you can participate in through high school?
4. What will motivate you after graduating from high school to participate daily in 60 minutes of physical activity?
5. What types of physical activities or sports do you think you will participate in as an adult?
6. Why it is important to eat a healthy diet?
7. What will motivate you to be physically active and eat a healthy diet throughout high school and into adulthood?
8. Predict what your health and lifestyle will be like in 20 years if you participate regularly in physical activity and eat a healthy diet.
9. If you do not participate regularly in physical activity and eat a healthy diet, predict what your health and lifestyle will be like in 20 years.
10. Include any additional information you want to remember regarding living a healthy lifestyle in the future.

REINFORCE the content in this lesson with Active Homework Break #3, “Back in Time” on page 20 and #4, “Games from the Past” on page 20.
Questions and topics to reflect upon when writing your letter regarding living a healthy lifestyle in the future:

1. Why is it important to be active for 60 minutes a day?

2. Write about an activity you love to participate in now and why.

3. What are some physical activities or sports that you can participate in through high school?

4. What will motivate you after graduating from high school to participate daily in 60 minutes of physical activity?

5. What types of physical activities or sports do you think you will participate in as an adult?

6. Why is it important to eat a healthy diet?

7. What will motivate you to be physically active and eat a healthy diet throughout high school and into adulthood?

8. Predict what your health and lifestyle will be like in 20 years if you participate regularly in physical activity and eat a healthy diet.

9. If you do not participate regularly in physical activity and eat a healthy diet, predict what your health and lifestyle will be like in 20 years.

10. Include any additional information you want to remember regarding living a healthy lifestyle in the future.