

## Science Lesson Plan 2

### Does Physical Activity Really Make You Healthier?

**Quick summary:** Students will learn about the benefits of being physically active for 60 minutes a day.

**How long will it take:** 40 minutes

**What do I need:** chart paper, markers, student worksheet  
(Page 4 in *Worksheet Booklet* in zip file)

#### How does it work:

Divide class into groups of three to four. The teacher will ask the groups to brainstorm and write down as many answers as possible to the following questions:

- 1) What health risks are lowered as a result of participating regularly in physical activity?
- 2) How does your body benefit from participating regularly in physical activity? Ask the groups to share the information they recorded. If necessary, use the information below to supplement student responses.

Regular, moderate-intensity physical activity can lower your health risks of:	Physical activity also offers these benefits:
<ul style="list-style-type: none"> <li>• Heart disease, heart attack and stroke</li> <li>• High blood pressure</li> <li>• High total cholesterol, high LDL (bad)</li> <li>• Cholesterol and low HDL (good) cholesterol</li> <li>• Overweight or obesity</li> <li>• Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthens your heart, lungs, bones and muscles.</li> <li>• Gives you more energy and strength.</li> <li>• Helps control your weight and blood pressure.</li> <li>• Helps you handle stress and sleep better.</li> <li>• Helps you feel better about how you look.</li> <li>• Helps you feel upbeat.</li> </ul>

The teacher will continue the lesson by identifying other benefits as a result of participating in regular physical activity.

- *Did you know that physical activity boosts mental wellness?* Participating in regular physical activity can relieve tension, anxiety, depression and anger. You may not only notice a "feel good sensation" immediately following your physical activity, but most people also note an improvement in general well-being over time during the weeks and months as physical activity becomes a part of your daily routine.
- *Did you know you can learn better in school if you participate in physical activity?* Exercise increases the flow of oxygen which directly affects the brain. Your mental acuity and memory can be improved with physical activity.
- *Did you know that physical activity can make you healthier?* Physical activity improves your physical wellness. It strengthens your immune system and decreases the risk of developing heart diseases and cancer.
- *Did you know physical activity can prolong your optimal health?* Without regular physical activity, the body slowly loses its strength, stamina and ability to function well. For each hour you participate in physical activity you'll gain about two hours of additional life expectancy.

## Does Physical Activity Really Make You Healthier?

Student Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Regular, moderate-intensity physical activity can lower your health risks of:</b>	<b>Physical activity also offers these benefits:</b>
<b>What benefits would you like to experience?</b>	<b>How will you incorporate physical activity into your daily schedule?</b>