Physical Activity Math Quick Activity

Tell students that about 30 – 60 minutes of moderate to vigorous physical activity each day will help keep their hearts healthy.

Using the 30-minute figure, create math problems such as the following for students to figure out:

1. If you exercised 30 minutes for five days a week, how many minutes would you exercise? How many hours? (150 minutes; two hours and 30 minutes)

2. If you exercised 30 minutes for seven days a week, how many minutes would you exercise in a week? In a 30 day month? (210 minutes; 900 minutes)

Invite students to create other problems that use the 60-minute figure. Encourage them to exchange and solve each other’s problems.