

## Benefits of exercise

### Worksheet 1 Teacher's notes

1. Do you do any sport ? How often do you exercise? Do you enjoy it? How do you prepare for exercise? Is equipment and sport apparel important ?

*students' answers*

2. We all know we should warm up before strenuous exercise. But should we stretch ? Go online , read the article and present the latest findings about stretching before exercise.

<http://well.blogs.nytimes.com/2011/06/22/to-stretch-or-not-to-stretch/>

<http://sportsmedicine.about.com/cs/flexibility/a/aa022102a.htm>

<http://www.acefitness.org/acefit/healthy-living-article/60/3248/to-stretch-or-not-to-stretch/>

*students' answers-Some research suggests that stretching doesn't prevent muscle soreness after exercise. Researchers Robert Herbert, Ph.D., and Marcos de Noronha, Ph.D. of the University of Sydney conducted a systematic review and meta-analysis of 10 previously published studies of stretching either before or after athletic activity. They concluded that stretching before exercise doesn't prevent post-exercise muscle soreness. They also found little support for the theory that stretching immediately before exercise can prevent either overuse or acute sports injuries.*

3. There are different types of exercise. In four groups prepare a short presentation about each exercises and their benefits:

Type	Benefits	Exercise examples
Aerobic/cardio	<b>Aerobic activity</b> gets your heart pumping and your lungs working harder. It also may make you sweat. Aerobic exercise helps your mind and mood, too. How? It releases "feel-good" chemicals into your body.	Skateboarding or rollerblading Canoeing, rowing, or cross-country skiing Fast walking, hiking, jogging, or running House cleaning or yard work Dancing to music Playing tag or jumping rope Basketball or volleyball Biking Tennis, hockey, or soccer Swimming Cheerleading, gymnastics, or aerobics
Strengthening	Strength training improves your bone density, warding off osteoporosis. It improves your body composition so you have a greater percentage of muscle mass, which boosts your	Rope, rock, or tree climbing Running or rowing Push-ups, pull-ups, or sit-ups Tug-of-war Gymnastics or cheerleading Working out with exercise weights or

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	<i>metabolism and gives you a toned appearance. Developing strong muscles and connective tissues makes your body move more efficiently so your joints don't take the brunt of all your activity and experience injury.</i>	<i>resistance bands. If you don't have weights, you can use cans of food or full water bottles instead -- they work too.</i>
Flexibility	<i>Flexibility exercise enhances the range of motion of your muscle and joint movements. Stretching and many yoga poses, are forms of flexibility exercise. Flexibility exercises are particularly beneficial after anaerobic exercise, because more recovery nutrients reach your hungry muscles. Prolonged muscle tightness, poor recovery and bad posture can shorten your muscles over time. Flexibility exercises stretch out your muscles to help prevent shortening and subsequent injuries. You may hold post-workout stretches for 10 to 30 seconds, while you may hold individual yoga poses for up to five minutes.</i>	Yoga Pilates stretching
Balance	<i>Stability exercise improves your ability to maintain body alignment while resisting unwanted bone and joint movements. For example, balance, agility and core training include stability exercises. Stability exercise enhances your control of body movements by strengthening muscles, which support and coordinate your joint articulations. Greater stability helps you perform more powerful muscle contractions, because less</i>	Tai-chi Core training

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	<i>energy is lost through inadvertent joint and muscle movements. The National Federation of Personal Trainers recommends including 10 minutes of stability exercise in your daily workout regimen.</i>	
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<http://healthyliving.azcentral.com/three-different-types-exercises-benefits-15617.html>

<http://go4life.nia.nih.gov/4-types-of-exercise>

<http://www.livestrong.com/article/406513-what-are-some-different-types-of-exercise/>

<http://fit.webmd.com/kids/move/article/exercise-types>

4. Prepare a poster inviting students for a sports day at your school.

*students' own answers*