

Benefits of exercise

Worksheet 1

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 ?
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/>
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 | | |
| Strengthening | | |
| Flexibility | | |
| Balance | | |

<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.