

## FITNESS HOMEWORK – What are the Benefits of regular physical activity?

### *Did you know????*

#### **Benefits of regular physical activity**

##### **1. Exercise improves your mood.**

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Regular physical activity can even help prevent depression.

##### **2. Exercise helps you manage your weight.**

This one's a no-brainer. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated workouts are great, but physical activity you accumulate throughout the day helps you burn calories, too.

##### **3. Exercise boosts your energy level.**

Physical activity delivers oxygen and nutrients to your tissues. In fact, regular physical activity helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

##### **4. Exercise promotes better sleep.**

Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day.

A good night's sleep can improve your concentration, productivity and mood. And you guessed it — physical activity is sometimes the key to better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. There's a caveat, however. If you exercise too close to bedtime, you may be too energized to fall asleep. If you're having trouble sleeping, you might want to exercise earlier in the day.

##### **5. Exercise can be — gasp — fun!**

Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical!

Physical activity doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail.

Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find a physical activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

Are you convinced? Good. Start reaping the benefits of regular physical activity today!

*A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age and that is the main reason we have fitness homework here at Mattawoman. Most fitness homework assignments will be brief but they **will be collected and graded every time**. All fitness homework must be signed by a parent. Hopefully these fitness home works will be motivating for the entire family and will help every student.*

**Assignment – Physical – 30 min. cardiovascular workout. What did you do? \_\_\_\_\_**

**Parent Signature(Required): \_\_\_\_\_**

**I participated with my child: Yes \_\_\_\_\_ (.5 extra credit) No \_\_\_\_\_**

1. Which fitness fact from above stood out to you? And why?

2. What cardiovascular activity benefits you the most and why?

3. Why is a cardiovascular workout so important to you?