



# AMOUNT OF EXERCISE

The importance of exercise in maintaining a healthy lifestyle.

Lesson focus = to explain the importance of exercise in maintaining a healthy lifestyle.

# How much exercise do I need?



- The government recommends **one hour** of physical activity a day.
- At the very least **you should work up a bit of a sweat and get slightly out of breath.**
- But a report by medical experts says even an hour's activity a day, which most young people don't achieve, isn't enough. If you want to avoid heart disease and obesity, you need to do **90 minutes** exercise a day, experts say.

Use this to add the detailed examples



### EXERCISE - RECOMMENDATIONS AND BENEFITS

AGE RANGE	RECOMMENDATIONS
Under 5 ( not walking )	
Under 5 ( walking )	
5-18	


# Physical activity benefits for adults and older adults

 BENEFITS HEALTH

 IMPROVES SLEEP

 MAINTAINS HEALTHY WEIGHT

 MANAGES STRESS

 IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

Type II Diabetes **-40%**

Cardiovascular Disease **-35%**

Falls, Depression and Dementia **-30%**

Joint and Back Pain **-25%**

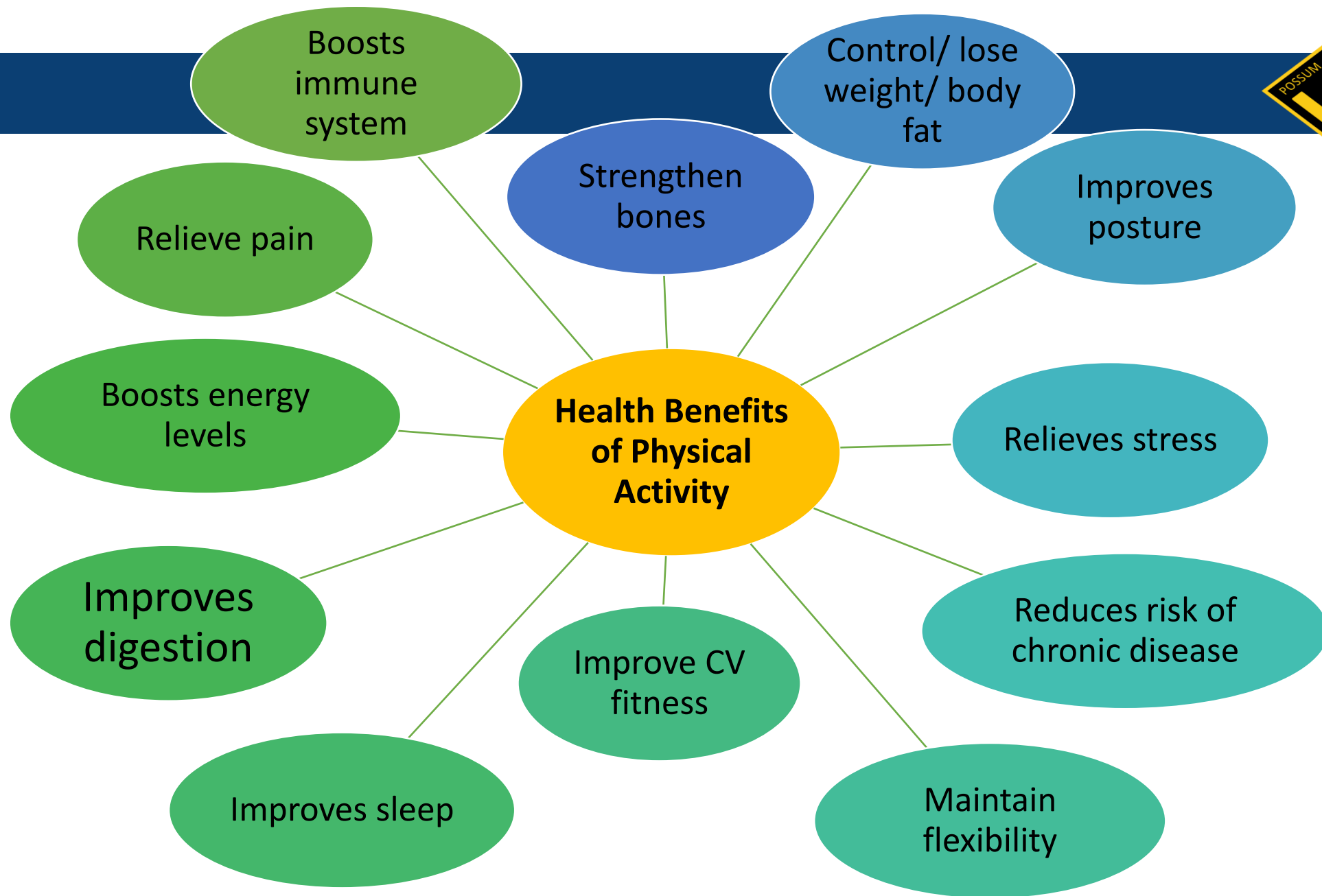
Cancers (Colon and Breast) **-20%**

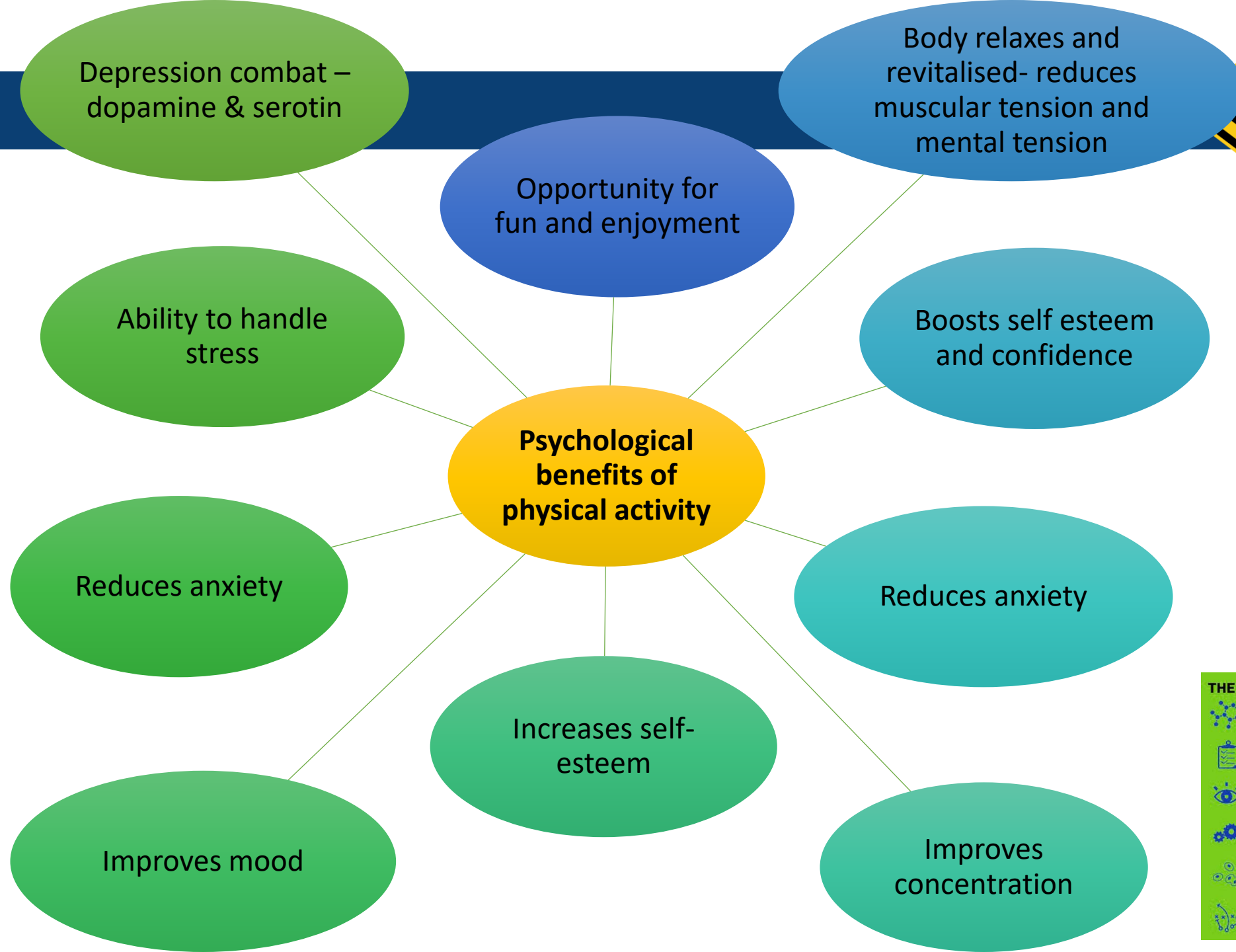
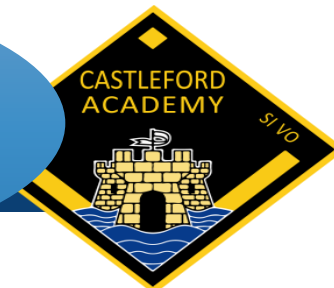


Write in your book reasons why the NHS have recommended different durations/exercises for different age groups

Extension – Why is it important that 65+ do at least two days of balance and coordination exercises?

Extension+ - Write your own activity plan for the week, think about what you could change or add to make sure you do enough physical activity



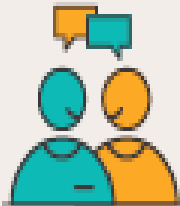


**THE BRAIN BENEFITS OF EXERCISE**

- INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR
- IMPROVES MEMORY
- LENGTHENS ATTENTION SPAN
- BOOSTS DECISION-MAKING SKILLS
- PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS
- IMPROVES MULTI-TASKING AND PLANNING

# Physical activity for children and young people

(5 – 18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



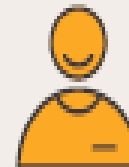
IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS



MAKES  
YOU FEEL  
GOOD



## Task 2



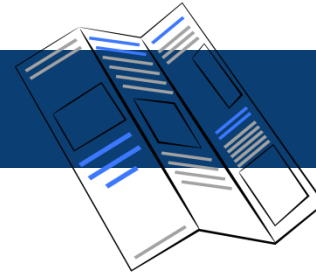
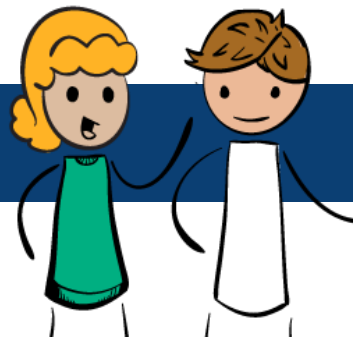
In groups of 3 you will now be allocated one of the five different life stages from Component 1  
(combining infants and early childhood)

You need to discuss the negative and positive effects on health and well-being of getting enough exercise for that life stage.



Lesson focus = to explain the importance of exercise in maintaining a healthy lifestyle.

## Task 3



In pairs choose a life stage (it can be the same life stage or choose a different one) and produce a leaflet or power point designed to promote the positive aspects of getting enough exercise and warning of any risks.

- Try and make it fun and informative!

Can you think of activities that involve exercise in everyday life instead of going to the gym?

## STRETCH AND CHALLENGE

Have you considered all areas of PIES?

