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## Physical Activity and Health: Vocabulary Activity

*Directions:* Your teacher will give you three (3) words from the list. Look them up in the dictionary and write their meanings below. Find the words in the article and compare the definition with how they are used in the article. When you have finished your three words, find a classmate and share the words from your lists.

### Word List

strenuous	excessive	sedentary
vigorous	engage	duration
intensity	frequency	stave off

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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**Physical Activity and Health: Vocabulary Activity, continued**

5. \_\_\_\_\_  
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6. \_\_\_\_\_  
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7. \_\_\_\_\_  
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8. \_\_\_\_\_  
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9. \_\_\_\_\_  
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\_\_\_\_\_  
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## A Report of the Surgeon General: Physical Activity and Health

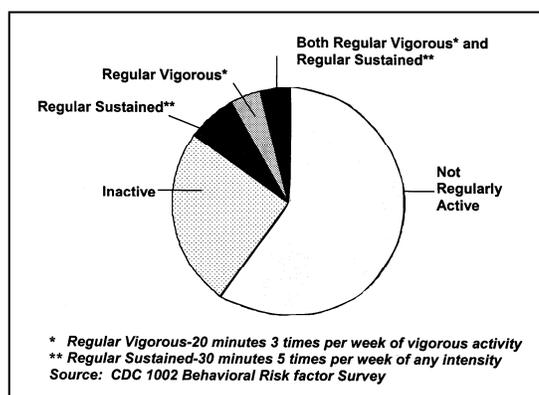
### Key Messages

- Physical activity need not be strenuous to achieve health benefits.
- Men and women of all ages benefit from a moderate amount of daily physical activity. The same moderate amount of activity can be obtained in longer sessions of moderately intense activities (such as 30 minutes of brisk walking) as in shorter sessions of more strenuous activities (such as 15-20 minutes of jogging).
- Additional health benefits can be gained through greater amounts of physical activity. Adults who maintain a regular routine of physical activity that is of longer duration or of greater intensity are likely to derive greater benefit. However, because risk of injury also increases with greater amounts of activity, care should be taken to avoid excessive amounts.
- Previously sedentary people who begin physical activity programs should start with short sessions (5-10 minutes) of physical activity and gradually build up to the desired level of activity.
- Adults with chronic health problems, such as heart disease, diabetes, or obesity, or who are at high risk for these conditions should first consult a physician before beginning a new program of physical activity. Men over age 40 and women over age 50 who plan to begin a new program of vigorous activity should consult a physician to be sure they do not have heart disease or other health problems.

### Facts

- More than 60 percent of U.S. adults do not engage in the recommended amount of activity.
- Approximately 25 percent of U.S. adults are not active at all.
- Physical inactivity is more common among:
  - Women than men.
  - African American and Hispanic adults than Caucasians.
  - Older than younger adults.
  - Less affluent than more affluent people.
- Social support from family and friends has been consistently and positively related to regular physical activity.

Figure 1: Adults and Physical Activity



## Physical Activity and Health, continued

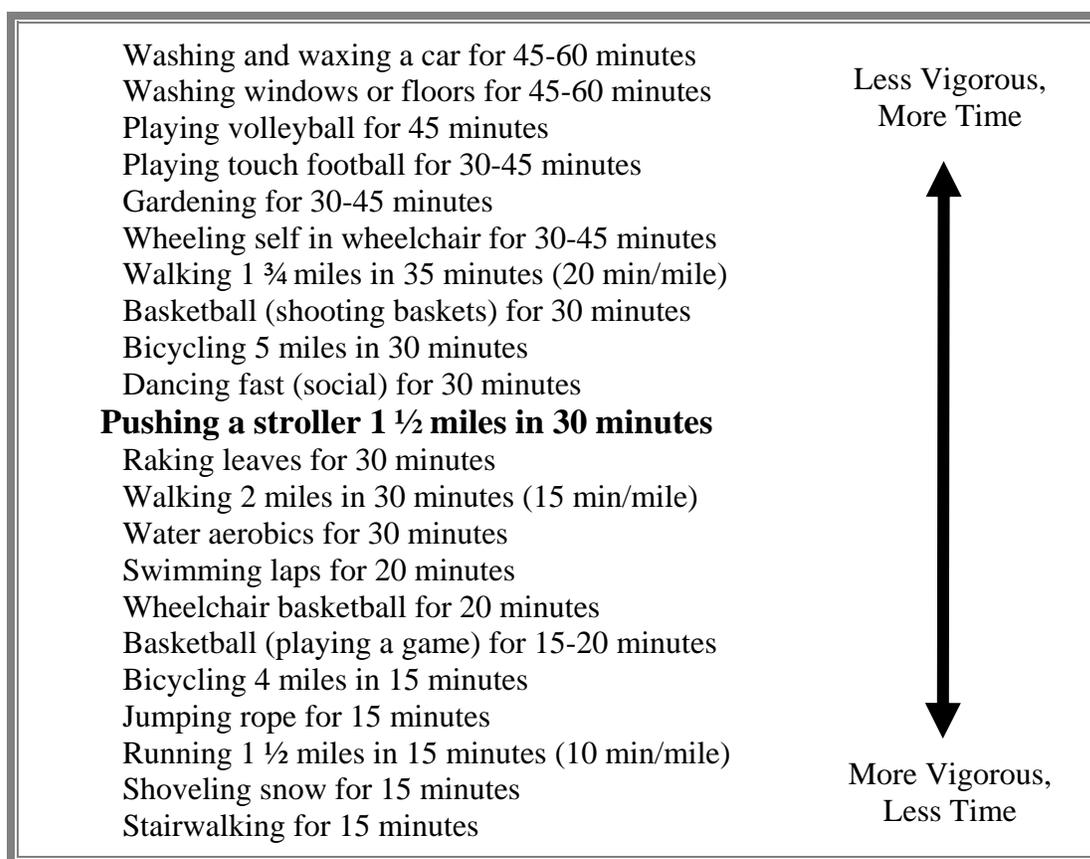
### Benefits of Physical Activity

- Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- Can help reduce blood pressure in some people with hypertension
- Helps maintain healthy bones, muscles, and joints.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- Helps control weight, develop lean muscle, and reduce body fat.

### What is a Moderate Amount of Physical Activity?

As the examples listed in the box show, a moderate amount of physical activity\* can be achieved in a variety of ways. People can select activities that they enjoy and that fit into their daily lives. Because amount of activity is a function of duration, intensity, and frequency, the same amount of activity can be obtained in longer sessions of moderately intense activities (such as brisk walking) as in shorter sessions of more strenuous activities (such as running):\*\*

**Figure 2: Examples of Moderate Amounts of Activity**



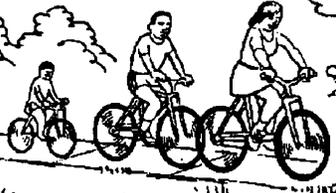
\*A moderate amount of physical activity is roughly equivalent to physical activity that uses approximately 150 calories (kcal) of energy per day, or 1,000 calories per week.

\*\*Some activities can be performed at various intensities; the suggested durations correspond to expected intensity of effort.

## Physical Activity and Health, continued

Studies show exercise can promote good long-term health no matter how much you weigh. A brisk half-hour walk a day is enough to get the benefits. Combined with a healthy diet, it also helps stave off obesity. How many calories does your workout burn?

Figure 3: Counting Calories

<p><b>SITTING</b></p> <p>Burns <b>80</b> calories per hour</p> 		<p><b>VOLLEYBALL</b></p> <p>Burns <b>215</b> calories per hour (recreational)</p> 	
	<p><b>LAWN MOWING</b></p> <p>Burns <b>325</b> calories per hour</p>		<p><b>WALKING</b></p> <p>Burns <b>325</b> calories per hour at 4mph</p>
<p><b>DANCING</b></p> <p>Burns <b>395</b> calories per hour (nightclub)</p> 		<p><b>BICYCLING</b></p> <p>Burns <b>720</b> calories per hour at 15mph</p> 	
	<p><b>RUNNING</b></p> <p>Burns <b>720</b> calories per hour at 10-minutes-per mile pace</p>		<p><b>SWIMMING</b></p> <p>Burns <b>790</b> calories per hour with crawl stroke</p>

*\*All averages are for a 150-pound person.*

*Sources: [fitresource.com](http://fitresource.com), [caloriesperhour.com](http://caloriesperhour.com).*

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**Physical Activity and Health: Comprehension Check**

*Directions:* Circle the correct answer for each of the following questions. Be prepared to discuss the answers with your class.

1. Which of these statements is true?
    - (1) 50% of U. S. adults have regular vigorous physical activity.
    - (2) 75% of U. S. adults do not engage in the recommended amount of physical activity.
    - (3) 25% of U. S. adults are not active at all.
    - (4) none of the above
  
  2. Physical activity is more common among \_\_\_\_\_.
    - (1) men than women
    - (2) Caucasians than African Americans and Hispanics
    - (3) younger adults than older adults
    - (4) all of the above
  
  3. Which of these statements is a benefit of physical activity?
    - (1) can help reduce blood pressure in some people with hypertension
    - (2) helps reduce body fat
    - (3) improves the feelings of well-being
    - (4) all of the above
  
  4. Based on the article, the “amount of activity” is what?
    - (1) a function of duration, intensity and frequency
    - (2) a function of the time of day, frequency and duration
    - (3) a function of duration, sweat and frequency
    - (4) a function of age, duration and frequency
  
  5. Which of these activities is less vigorous than walking 1¾ miles in 35 minutes?
    - (1) swimming laps for 20 minutes
    - (2) pushing a stroller 1 ½ miles in 30 minutes
    - (3) gardening for 30-45 minutes
    - (4) none of the above
  
  6. Which of these activities is less vigorous than jumping rope for 15 minutes?
    - (1) shoveling snow for 15 minutes
    - (2) playing a game of basketball for 15-20 minutes
    - (3) stairwalking for 15 minutes
    - (4) none of the above
-

**Physical Activity and Health: Comprehension Check**, continued

7. Which of these workouts burns the most calories per hour?

- (1) volleyball
- (2) lawn mowing
- (3) swimming
- (4) dancing

8. Which of these workouts burns the least calories per hour?

- (1) volleyball
  - (2) running
  - (3) walking
  - (4) lawn mowing
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**Physical Activity and Health: Comprehension Check Answer Key**

*Directions:* Circle the correct answer for each of the following questions. Be prepared to discuss the answers with your class.

1. Which of these statements is true?
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